

### Listening to Local Merchants Along Leland Avenue

by Crezia Tano

Visitation Valley Business Opportunities and Outreach to Merchants (VVBOOM), along with representatives from the Mayor's Office of Economic and Workforce Development and the Local Initiatives Support Corporation, organized a recent tour of the Leland Avenue commercial corridor.

Businesses such as Bay Wash Laundromat, Hong Kong Hair and Nail Salon, and Bank of America entertained city officials from the Mayor's Office. VVBOOM highlighted successes of the community and its many businesses, but also shed light on issues of local merchants.

Most important of issues conveyed on the tour was a need for more police presence on the street.

During the tour, Mr. Chung, owner of Luen Fat Bakery and Restaurant, shared a story of a shoplifting experience, where middle school-aged youths attempted to enter the premises. Contacting the police, he was told to secure his front door to prevent them from entering. But as Mr. Chung attempted to close the door, one youth pushed the door back open and kicked him.

Shocked by this incident, City officials quickly contacted the police captain at Ingleside Station to ensure the issue was immediately addressed.

The tour proved useful in showing officials that Leland Avenue is moving in a positive direction, but can still use as much support as possible.



Visitation Valley businesses were visited by officials from the Mayor's Office.



Many merchants expressed ideas on what would improve Leland Avenue.

### Police Presence Soon to Increase at San Francisco Housing Authority Sites

Mayor Gavin Newsom recently announced efforts to immediately double the number of housing authority sites that receive community policing beat patrols.

In addition, the Mayor announced three additional criminal justice measures to reduce crime and violence including: San Francisco Police Department (SFPD) introducing a Department Operations Order on enforcing federal trespassing on housing authority property also known as 602.(o) of the Penal Code; fiscal year 2007-08 budget investments in targeted programs focused on social services for housing authority sites and residents; and creating an advisory committee to assist with community policing efforts.

"It is clear that we need to secure our housing authority sites if we are going to reduce crime and violence in San Francisco," said Mayor Newsom. "I am committed to providing the necessary resources and targeted strategies that will bring about change and restore peace within the community."

In addition to the housing authority sites that currently have community policing beat patrols (Sunnydale, Alice Griffith, Hunters View and Potrero) this new effort will increase the number of sites from four to eight (Yerba Buena Plaza East, Hayes Valley North and South and Alamo Square).

The SFPD will begin enforcing trespassing on housing authority sites known as section 602.(o) of the Penal Code. In order for SFPD officers to enforce this section of the Penal Code two issues had to be changed. The first issue requires

signage advising the public that San Francisco Housing Authority (SFHA) properties are generally considered closed to the public "No Trespassing." The second issue requires (SFHA) to make a formal request for enforcement of this section.

In response to the SFPD's report on community policing, released in November 2006, the Mayor's Office will be forming a Community Policing Advisory Committee. Over the course of six months, the Committee will review and research local and national best practice community policing models that can be used to build upon and enhance community policing in San Francisco.

The goals of the Committee are to:

\*Assess the strengths of community policing in San Francisco;

\*Assess where changes are needed; and

\*Devise solutions to areas that need improvement.

\*Report back to the Police Chief and the Police Commission with the assessment and recommended solutions for improvements

The Committee will meet once a month for six months. At the end of the six months, a subcommittee of participants will meet over the course of one month to draft analysis and recommendations. The report will then be submitted to the Police Chief and the Police Commission.

The recommendations may include, but are not limited to, items for possible inclusion into a Department General Order, strategies to strengthen civilian and other city agency participation in community policing strategies, and accountability measures.

### Photos Depict a China in Transition

Separated from the West by thousands of miles and seemingly insurmountable cultural barriers, China has long been an unfamiliar, romanticized land — until recently.

Documenting China: Contemporary Photography and Social Change, on display Apr. 28 through June 24 in the Jewett Gallery at the Main Library, explores social change in the most populous nation on earth.

Through the dramatic works of seven Chinese photographers, we see the country from an insider's point of view.

With their raw black-and-white and color images, photographers Liu Xiaodi, Jiang Jian, Zhang Xinmin, Luo Yongjin, Zhou Hai, Lu Yuanmin and Zhou Ming unveil truths about China's internal struggle — a battle between modern industrialism and the traditional, agrarian past that has sus-

tained the country for thousands of years.

With 57 compelling images, these contemporary Chinese photographers tell the gritty, sometimes proud stories of those still struggling to blend into the urban landscape without losing sight of their traditional ways.

Each photographer tells his unique story from his own perspective. While some photographs resemble quick snapshots of urban and rural life, others are methodically and artistically composed.

Documenting China is organized by Bates College Museum of Art and the Smithsonian Institution Traveling Exhibition Service.

The exhibition has been made possible through the generous support of Crystal Cruises. Local funding is provided by Friends of the San Francisco Public Library. For more information, please call (415) 557-4277.

### Task Force Recommends Funding for Public Housing

A Task Force appointed by Mayor Gavin Newsom and Supervisor Sophie Maxwell recommended on Mar. 23 an aggressive initial investment of \$100-200 million for the revitalization of public housing in San Francisco.

In addition the Task Force recommends a commitment to replace all demolished public housing units on a one-for-one basis; phased development to facilitate on site relocation; strong resident involvement at all levels; and the creation of mixed income communities via the addition of affordable and market rate housing on site.

The group, comprised of a wide range of stakeholders, was appointed in the Fall of 2006 and was charged with development of principles to guide the revitalization process, the identification of funding needs, and the formation of a menu of financing options.

"While we understand the need to hold the federal government accountable for support of public housing,

San Francisco will not wait for Washington to act at the peril of our residents," said Mayor Newsom. "We have a financial and moral obligation to address the conditions in public housing and time to for action is now."

In the meeting, the Mayor pledged to immediately start the resident outreach and education process and to work closely with the Board of Supervisors to find the funding necessary to get started by looking at the feasibility of passing a General Obligation Bond and exploring other financial options.

The San Francisco Housing Authority (SFHA) owns and manages approximately 6,400 units of public housing. For the last two decades, funding for public housing has been in steady decline.

Over the last six years severe cuts have caused both intense physical distress to housing conditions and serious social and economic consequences for residents.

In 2002, the SFHA commissioned

an independent assessment of the physical needs of its properties, which revealed a backlog of immediate needs totaling \$195 million.

It also was determined that an average of \$26.6 million per year in additional physical deterioration will occur in SFHA communities if the current problems are not addressed. A fraction of that need is addressed with Federal funds.

"I'd like to commend the committee for their work. This helps ensure equity of living and much improved quality-of-life experiences," said Supervisor Sophie Maxwell. "The work this committee has done is truly helping all San Franciscans."

"We felt strongly that the principles had to address all of our concerns around displacement and relocation," said Task Force member and Visitation Valley resident Kevin Blackwell. "Of course we want the community to look better, but the main point is to improve conditions for the people who are living there now."

### Anti-Litter Campaign Launched in San Francisco Schools

Mayor Newsom on Mar. 8 announced a creative Anti-Litter program for schools. The program is a partnership between the Department of Public Works (DPW), Department of the Environment (DOE), and the San Francisco Unified School District (SFUSD), to educate children on the effects of littering and how it affects their environment.

The program will be made available to public and private schools throughout the city year-round.

Working with DPW, DOE has created a comprehensive in-school anti-litter program that features poster contests, anti-litter curriculum, and a 40-minute assembly that uses a dynamic slide show to explain why litter is a problem, especially for local animals and wildlife.

It also addresses how litter affects our own health and the safety of our neighborhoods, while reminding students how to solve the litter problem by properly disposing of their waste, whether it's trash, recycling, or composting.

The program will reach 7,500 students this year and 10,000 annually in subsequent years.

"Combating litter is critical to improving the quality of life for all San Franciscans, young and old," said Mayor Newsom. "By instilling neighborhood cleanliness, civic pride, and conservation at such an early age, our goal is to empower the children of San Francisco with the knowledge to make a difference and keep our city clean."

The assembly presentations are

timed to coincide with DPW's Community Clean Team program in order to increase student participation in campus and neighborhood cleanups. Community Clean Team events are held monthly, visiting each of San Francisco's supervisorial districts over the course of the year.

"We are proud partners in this program that will help keep our city clean and teach our City's children that when they care about their neighborhood, others will follow their example," said Fred Abadi, Director of Public Works.

Later this year, DPW and DOE will launch the second phase of the San Francisco anti-litter campaign with an advertising campaign and special events geared to reach the general public.

### New Research Shows Consumers Now Have More Control Over Identity Fraud

The 2006 Identity Fraud Survey Report - released by the Council of Better Business Bureaus and Javelin Strategy & Research - provides new facts on how identity fraud occurs, counterintuitive insights that challenge conventionally accepted beliefs about these crimes, and steps consumers can take to further protect themselves against this problem.

Identity fraud is defined as access to personal account information that leads to fraud.

The comprehensive, longitudinal survey, independently produced by Javelin Strategy & Research, is believed to be the largest ever on identity fraud, with an increased 2005 sample size of 5,000 telephone interviews with consumers. The survey was, in part, made possible by CheckFree, Visa and Wells Fargo & Company. The findings show that despite growing fears the growth of identity fraud is contained and that data compromise through the Internet is actually less severe, less costly

and not as widespread as previously thought.

Identity fraud victims as a percent of the United States adult population have declined slightly from 4.7 percent to 4.0 percent, between 2003 and 2006. Consumers need to be aware of the 63 percent of potential identity fraud that is under their primary control.

"Our numbers clarify four key misperceptions about identity fraud," says James Van Dyke, Javelin's founder and principal analyst, who oversaw the Identity Fraud Survey Report for the second consecutive year. "Most importantly, people are not helpless in protecting themselves from identity theft. Contrary to popular belief, consumers do not bear the brunt of financial losses from identity fraud. Internet use does not increase the risk of identity fraud; and that seniors are not the most frequent targets of fraud operators. Our findings will help people learn about specific important steps they can take to better protect themselves. See Page 6



## Grapevine Mailbox

### Better City Streets

The City is launching a Better Streets Plan that marks a new approach to street and sidewalk design. Beginning Apr. 6, and over the next six months, people throughout San Francisco will have the chance to share their ideas and priorities for making our streets safer, greener, and more attractive and accessible.

The public is invited to attend an Apr. 5 kickoff workshop at 5:30 p.m. in the City Hall Light Court.

With the community, city planners will develop streetscape design recommendations that could be applied to different type of streets, and that will include such things as lights, furniture, landscaping, bulb outs, crosswalks, audible pedestrian signals, more landscaping, and other features.

Did you know that:

\*Pedestrian fatalities in San Francisco account for about 41 percent of traffic fatalities in the City, compared to a national average of 13 percent, according to the Mean Streets report

### Thanks for Music Teacher

The following was sent to Principal James Dierke at Visitation Valley Middle School. Dear Mr. Dierke:

We thank you so very much for sharing your most excellent Music Teacher and his Bands with us for the annual VVCC Founders Day Show, held last Saturday, March 17, 2007. Both the Seventh Grade and the Eighth Grade Bands were so wonderful. We think they could win a "Star Search" or an "American Idol" contest easily; and when Mr. Braye told us that they would love to be invited to play out in the community, we all went to work spreading the word. I know for sure that some already plan to invite them to future events in the neighborhood.

Music is such a great way to teach Math, instill good work habits and study skills; and most of all, to inspire and motivate young people toward a creative and successful adult life. It has always amazed us that those who are responsible for the application and funding of educational curriculum have failed to maintain such programs in the schools, regardless of tight funding. Cutting Music, Art, Creative Writing, and other expressive and creative classes has resulted in unmotivated students and dull, uninspiring curriculum that renders our entire educational system ineffective. We know that you, Mr. Dierke, are not one of the supporters of these false economies and we're proud you have done so well as to have attracted teachers of Mr. Braye's caliber to your staff. We're convinced that the experience that his students are having in that class will also positively affect their grade point averages. This is a gift that cannot be returned, but who would want to return it? Certainly not anyone who has learned from Mr. Braye, nor any of us who basked in the warm glow of this gift during last Saturday's show... nor any of the Visitation Valley residents who will be fortunate enough to hear our gifted young musicians perform in future performances. We hope you will send us notice whenever the Bands perform in public, so that we may come to support them.

We thank you again and again for this fabulous gift to the community. Mr. Braye is to be commended for his inspiration to our youth and for his superior teaching skills and good heart.

Yours very truly, Julia A. Kavanagh, Executive Director, Visitation Valley Community Center



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prepared by the Surface Transportation Policy Project.

\*Ninety percent of street corners with curbs need reconstruction to make them usable for people in wheelchairs and those with strollers, per a 2005 survey of 450 randomly chosen streets.

\*Stormwater runoff from paved streets and sidewalks floods our City's combined sewer system, contributing to an average of 10 overflows a year that pollute the bay and ocean.

\*More than half of the places where there could be street trees remain unplanted, according to the Center for

### Toxic Child Toys and Baby Bottles

by Assemblywoman Fiona Ma, CPA

Cancer causing chemicals are leaching through toys and baby bottles used by children everyday. As children's minds and bodies go through the delicate processes of growing and developing, they are particularly vulnerable to chemicals that could affect proper development. Sometimes, chemical exposure comes not only through the air we breathe and the water we drink, but through the common products in our homes. Despite substantial scientific evidence of an increasing detectable chemical presence in human bodies, California law still permits the use of such chemicals in toys and child care products.

This year, I have introduced Assembly Bill 1108, which seeks to remedy the problem by prohibiting the manufacturing, sale, and distribution of toys and child care products intended for use by children under the age of three that contain bisphenol -A and phthalates. The legislation is modeled after an ordinance that I wrote while at the Board of Supervisors.

The introduction of the bill coincided with a new report conducted by Environment California Research and Policy Center that shows bisphenol -A leaches from clear, plastic baby bottles into liquids contained in the bottles. Studies reveal that at very low levels, bisphenol-A can disrupt the normal functioning of our hormones. The chemical is also linked to a host of other problems such as obesity, ADHD, disruption of the thyroid system, reproductive impairment, and cancer.

Phthalates, the other chemical impacted by AB 1108, are used to make plastic soft and flexible and are used in soft plastic toys and other baby products, such as bath books, rubber ducks, and teethingers. Because children have a natural tendency to suck on objects as a way of exploring the world around them, these phthalates can leach out of these products and enter their bodies. Ph-

thalates are linked to causing cancer, reproductive defects, and the early onset of puberty.

The Better Streets Plan is being led by the Mayor's Office of Greening in partnership with the Planning Department, Municipal Transportation Agency, Department of Public Works, San Francisco Public Utilities Commission, Department of Public Health, Mayor's Office on Disability, and San Francisco County Transportation Authority.

For more information, visit [www.sfbetterstreets.org](http://www.sfbetterstreets.org) or call (415) 558-6405.

Hannah Russin, Better Streets Plan

thalates are linked to causing cancer, reproductive defects, and the early onset of puberty.

The chemical industry is expected to be in strong opposition to the bill, so in order to secure passage through the legislative process, it is important for everyone to voice their support through letters from individuals, neighborhood groups and associations, which you may be a part of. While I understand the opposition's concerns, there are alternative replacement chemicals available and there is even a provision in the bill to delay implementation until 2009 to provide the industry with time to comply with the new restrictions. AB 1108 will have its first legislative committee hearing this month and I will keep you informed as the bill moves through the legislative process.

In the mean time it is important that parents stay informed on which products are safe for use for their children. On my Assembly website there is a page that features more information on the report and what to look for when shopping for safe, chemical free toys and child care products. You can access my website through the following address: [www.assembly.ca.gov/a12](http://www.assembly.ca.gov/a12)

It's tax time again. As a CPA who has experienced the headaches of tax season all too many times, I want to let everyone know that this year's tax deadline is April 17. Taxpayers will have extra time to file and pay because April 15 falls on a Sunday and the following day, Monday, April 16, is Emancipation Day, a legal holiday in the District of Columbia.

I have partnered with ACORN to use my accounting skills and provide free tax preparation services for low and moderate income taxpayers who cannot afford traditional paid preparers. ACORN has set up 7 centers located throughout the city and you can find one near you by logging on to my website, contacting my district office at (415) 557-2312, or contacting ACORN directly at (415) 587-9080.

### Health Insurance and Protecting Patients from Unexpected Medical Bills

by Senator Leland Y. Yee, Ph.D., Asst. President pro Tempore, CA State Senate

We are all aware of the dangers of not having adequate health insurance. When the unexpected happens, and the medical needs of you or someone you love require immediate action, the last thing you want to do is be caught worrying about if you can afford it. However, even if you think you have health coverage, the risk of hospital visits bringing financial hardship is very real. Through the practice of balance billing, hospitals and insurance companies manage to sidestep their obligations, and leave average people footing the bill.

Balance billing threatens the health and financial stability of all Californians. This action is taken when your hospital and your insurance company disagree over which entity is paying for what service, and they decide instead to send the bill to you. Oftentimes, this takes place because specialists within the hospital do not have contracts with insurance carriers. When this happens, instead of working it out between themselves, the bill gets sent

to the patient. Given that the patient just underwent a medical procedure, they are often not in a situation where they can deal with an unexpected fee, especially one costing thousands of dollars. By the time they return home, patients may face collection agencies demanding payment, or letters threatening them with legal action for their failure to pay bills they never expected to receive.

It is unacceptable that a patient who has health insurance prior to an operation can be saddled with the bill after the medical care is received. There is not a better time than now, as the Legislature is debating the best way to bring health care to the residents of California, than to combat this predatory practice, and the way to do so is through Senate Bill (SB) 389.

When patients play by the rules, they should be treated fairly, not hit with hidden fees and unexpected costs. This is why I authored SB 389. This bill will force hospitals and insurance companies to resolve disagreements between themselves, rather than leaving the patient to pay the difference. If either party is un-

### 311 Ushers in Better Customer Service

by Mayor Gavin Newsom

With the opening of the new San Francisco 311 Customer Service Center on March 29, the city will usher in a new era of improved customer service and enhanced government efficiency that will profoundly transform the way city government does business. 311 is a toll-free, non-emergency phone number that the general public can call to reach a live customer service agent 24 hours a day, seven days a week and 365 days a year. San Francisco is now the 27th major metropolitan city to have successfully implemented a 311 system.

The 2,300 phone numbers that the city currently offers to the public to access city services will be reduced to two easy to remember phone numbers: 311 for non-emergencies and 911 for emergencies. Rather than being routed to a cumbersome 'voicemail tree' or transferred from department to department, a citizen will be able to speak directly to a live customer service agent and get concise answers to their questions.

Other American cities that have established a 311 reported a 90 percent drop in misdirected calls, connected customers to the services they need without multiple transfers. 311 will eventually be interwoven in the vibrant cultural tapestry of San Francisco and evolve into the conduit that connects and transforms communities, neighborhoods and businesses. 311 will be a "one-stop" government services call center that will simultaneously be able to answer questions about Muni, dispatch a pothole repair request and record citizen input about any issue related to city government.

I firmly believe that seniors, the disabled, limited English-speakers and other members of the city's most vulnerable populations will greatly benefit from 311. Whether it be finding a senior center that offer services in Russian, locating a community clinic to get a flu shot, or registering your child for an after school recreational programs, 311 will eventually become the first number residents call to access information about social and recreational services. Youth can dial 311 and get the "411" about recreational and counseling services that serve as alternatives to gangs. Homeless individuals can get information about available beds for night, transitional housing and other appropriate social services.

With a combined twenty years of experience as a customer service agent at New York Telephone and a call center manager for AT&T in New York, Jim Daughton, our 311

Customer Service Center supervisor said, "Our 40 customer service agents are rigorously trained to provide the highest standards of customer service". With a language capacity of 145 languages, 311 will be able to meet the diverse language needs of residents, businesses and visitors." 311 is now accessible through wired telephones and most cell phones with a 415 area code based in San Francisco; however, callers with phones other than 415, must dial a seven-digit number, 415-701-2311.

Based upon the call volume of other cities such as Baltimore and New York, San Francisco projects an annual call volume of 1.5 million calls which will be a 21 percent reduction of the current annual call volume of seven million. Shawn Tuers-Arnott, one of forty full-time customer service agents that were selected from pool of 1200 applicants, said, "Being chosen to work at 311 was such a rush. I love San Francisco and helping people. The management staff, co-workers and support staff already feel like family."

Customer Relations Management (CRM) is the state of the art technology that connects city departments with the 311 Customer Services and provides customers with a tracking number for service requests, allowing citizens to monitor the progress of their request. Acting Director, Ben Rosenfield, said, "CRM is a robust technology that will both enhance citizen oversight and provide the analytical tools for city departments to better allocate resources."

In the early 1990s, the Federal Communications Commission enabled cities to create their own 311 for the purpose of alleviating non-emergency phone calls to 911. Project Director, Heidi Sieck added, "311 will play a critical role post-disaster recovery. Other cities with 311's have shown that survivors overwhelmingly rely on 311 to get the latest update about government services."

I shepherded enabling legislation through the Board of Supervisors which culminated in the unanimous approval of \$4.2 million in June 2005 to initiate implementation of 311. Thus, no new taxes or fees will be imposed on our citizens. The projected annual operating budget is \$9 million which is only 0.18 percent of city's total annual budget of \$5 billion. The value of 311 will extend far into the future through community building, improved customer service and increased government efficiency.

happy with the arrangement, or if no settlement could be reached, then the matter would go to state regulators within the Department of Managed Health Care. With a state entity acting as a mediator, hopefully many of these conflicts can be fairly and judiciously resolved.

The important fact is that the burden of navigating the complexities of a hospital's finances rests not with the patient, but with the trained professionals on both the hospital's and the insurance carrier's staff. Insur-

ance companies sell peace of mind. Having health insurance allows the average person not to worry about how to deal with the unexpected. If these insurance companies are unable to cover the procedures that they claim to include, then the buck has to stop with them, not with the hardworking men and women who pay for their services. I am confident we can get SB 389 onto the Governor's desk this session, and that we can protect consumers from being stuck with the bill.

## FREE CERAMICS CLASS

For everyone 18 and older at  
Visitation Valley Community Center,  
66 Raymond Avenue  
Tuesdays from 9 a.m. to 4 p.m.

Very therapeutic and fun. You do not need to stay the  
entire day...come for as long as you like.  
We have a wonderful teacher to assist you.

For more information, call the  
VCC Senior Program: (415) 467-4499



## Beneficial Initiatives To Clean and Green San Francisco Streets

by Mayor Gavin Newsom

Providing the next generation of San Franciscans with a healthy and sustainable urban forest and clean and livable neighborhoods have been key goals of mine since I first became mayor. I am happy to report significant progress on both of these pledges.

I have supported and expanded our urban forest every year that I've been mayor. 2007 is year three of my initiative to plant 5,000 trees annually and, to date, more than 15,000 trees have been planted through an incredible, coordinated effort involving several city agencies and community based organizations.

Trees and other greening efforts provide tremendous benefits to our city, including mitigating air pollution, reducing carbon, dioxide, capturing storm water runoff, providing shelter for birds and other wildlife and reducing noise. The well being that trees provide not only helps to reduce the stress of urban life, but adds to the economic vitality of our neighborhoods. Every district in the City has benefited with new street tree plantings.

We are taking a green approach to city infrastructure management, ensuring that greening not only beautifies the city, but also increases public safety, reduces noise and airborne pollution, cuts maintenance costs, improves resource efficiency, reduces water consumption, and enhances wastewater management. For volunteer information, and a complete schedule of the day's events, or to learn about planting trees in front of your home, visit [www.sfarborday.org](http://www.sfarborday.org) or call 415-28-CLEAN.

I also encourage you to think about how you can help build upon our greening efforts by assessing your sidewalk for greening opportunities. DPW accepts permits for sidewalk landscaping. In addition to planting trees, this permit allows property owners to convert a portion of the sidewalk in front of their property into an attractive landscaped area. Previ-

### Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

\*Apr. 7: Put a feather in your cap! Make a wearable paper feather cap using recycled paper bags.

\*April 14: Create a colorful, decorative papier mâché bowl or candle holder.

\*Apr. 28: Explore complementary colors and color blending as you create amazing crayon resist paintings.

Other regular Saturday activities include:

\*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

\*Meet the Animals from 11:15 a.m. to 12 noon.

\*Animal Feeding at 12 noon.

\*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

### Bug Day in April

Celebrate Earth Day by celebrating bugs on Bug Day on Saturday, Apr. 21 from 10 a.m. to 2 p.m. at the Randall Museum.

Do you adore arthropods, or do creepy crawlies make you queasy? Either way you'll find something to tickle your fancy.

Kids and their families can make their own fabulous bug-related crafts to take home, and play the buggiest games in town.

Enjoy live entertainment and bring or purchase a picnic lunch to take advantage of the museum's lawn with a view.

ously, property owners were required to apply for costly encroachment permits for the same purpose – typically costing upwards of \$800 and requiring months of review. The new permit cost ranges from \$160 to \$215, and provides incentives for neighbors to work collaboratively to green entire blocks. Call 28-CLEAN or log on to [www.sfdpw.org](http://www.sfdpw.org) to download an application.

I would also like to update you on a new street cleaning initiative that has been gaining widespread community support. It's called the Community Corridor Partnership and it is a coordinated public and private effort to raise standards on key corridors throughout the City. Covering 100 blocks in 19 areas, the program was launched last September when I provided additional funding to DPW to create an innovative street cleaning program.

Working in conjunction with more than a dozen city agencies and private companies, we have increased routine maintenance and streamlined the reporting of street cleaning issues in our City. Twenty Neighborhood Ambassadors have been hired to sweep sidewalks and identify issues that need to be resolved, and they are educating merchants about their responsibilities to keep their storefronts clean. This new staff works during peak hours when the city is most active.

To ensure that improvements will be sustainable, the program includes a community building process to educate property owners and merchants about the myriad responsibili-

ties they have in enhancing their street. DPW and the Mayor's Office of Economic and Workforce Development are educating merchants and owners about Community Benefit Districts (CBDs). CBDs work in partnership with the City to improve the quality of life in neighborhood commercial corridors. A CBD privately funds improvements to neighborhoods, including beautification projects, clean and safe programs, graffiti removal, and tree maintenance.

I look forward to working with all of you. It is only with the full participation of the community and city government, that we can truly realize our shared vision of a clean and green San Francisco.

## A Chance to Renew San Francisco Zoo

Join the San Francisco Zoo's horticulture staff on Saturday, Apr. 14 for a fun and rewarding activity from 8 to 11 a.m. that helps beautify the 100-acre Zoo.

Renew the Zoo program begins with a warm up session to loosen up those muscles and get the blood flowing for the day's work. Projects include planting, weeding, digging, raking, painting, picking up trash or pushing heavy wheelbarrows - all while getting really, really dirty.

Volunteers will be rewarded for their hard work with refreshments, free ride coupons and, of course, the warm feeling you'll get from helping the zoo and promoting conservation.

Call (415) 522-9702 to pre-register or e-mail [RenewtheZoo@sfbzoo.org](mailto:RenewtheZoo@sfbzoo.org).

## SFUSD Parents Learn Some Internet Safety from a Panel of Local Teens

Each year, SFUSD parents and experts gather on a Saturday to discuss topics such as motivating children to do their homework, volunteering at school, and keeping their kids safe.

This year some teenagers were on hand to give advice.

"Sometimes we should to go straight to the source to solve problems parents face every day," says Deena Zacharin, Director of Parent Relations, "like our kids being safe online."

Fifteen year-old Lavonda Gray, who works for Digital Connectors here in San Francisco, was one of the panelist for the Internet Safety workshop. Gray, a student at June Jordan High School, has been teaching computer skills to the community for two years.

"I explain things to parents from the kids' perspective," Gray said, "like, if you just say the word 'MySpace' some parents get all, you know, worried. But I show them how easy it is using MySpace safely."

Gray was on hand at the Saturday conference along with six other teens and their supervisor, Leo Sosa from Digital Connectors. Safety basics were given in both English and Spanish.

This year's conference (which will be presented again on March 24 at Roosevelt Middle School)

was called *Partners in Success*.

Internet safety was just one of the parent conference topics this year. Attendees chose from subjects such as child health, transitioning from one school to another, how parents can become decision-makers at school, and understanding test scores.

During lunch (provided by SFUSD), keynote speaker Dr. Nadine Burke spoke to the crowd of about 150. Dr. Burke, a pediatrician who is opening up the first pediatric care clinic in the Bayview District, talked to parents and caregivers about raising healthy children.

She touched on basics such as making sure children get enough sleep and eat enough nutritious foods so they are ready to learn each day.

Zacharin was pleased with the days' efforts.

"These gatherings disprove the myth that today's parents don't take extra time to raise their kids well," said Zacharin.

Zacharin, whose child attends a SFUSD school, said that she always sees something equally important at these events.

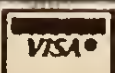
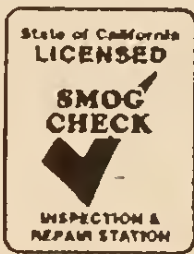
"We are reminded that we're all learning together as we go, and every year I see folks who are really energized by the end of the day."

# TW AUTOMOTIVE

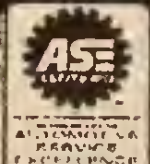
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## EarthTalk

### Power from the Ocean

Dear EarthTalk: Alternative energy sources like wind power, hydrogen and biofuels are getting a lot of headlines these days, but what about efforts to generate electricity from the ocean's waves?—Tina Cook, Naples, FL

As any board or body surfer will tell you, the ocean's tidal currents pack considerable wallop. So why wouldn't it make sense to harness all that formidable power, which is not too unlike that of the rivers that drive hydropower dams or the wind that drives wind turbines, to make energy?

The concept is simple, says John Lienhard, a University of Houston mechanical engineering professor: "Every day the moon's gravitational pull lifts countless tons of water up into, say, the East River or the Bay of Fundy. When that water flows back out to sea, its energy dissipates and, if we don't use it, it's simply spent." According to Energy Quest, an educational website of the California Energy Commission, the sea can be harnessed for energy in three basic ways: using wave power, using tidal power, and using ocean water temperature variations in a process called "ocean thermal energy conversion" (OTEC).

In harnessing wave power, the back-and-forth or up-and-down movement of waves can be harnessed, for example, to force air in and out of a chamber to drive a piston or spin a turbine that can power a generator. Some systems in operation now power small lighthouses and warning buoys. Harnessing tidal energy, on the other hand, involves trapping water at high tide and then harnesses its energy as it rushes out and drops in its change to low tide. This is similar to the way water makes hydroelectric dams work. Already some large installations in Canada and France generate enough electricity to power thousands of homes.

An OTEC system uses temperature differences between deep and surface waters to extract energy from the flow of heat between the two. An experimental station in Hawaii hopes to develop the technology and someday produce large amounts of electricity on par with the cost of conventional power technologies.

Proponents say that ocean energy is preferable to wind because tides are constant and predictable and that water's natural density requires fewer turbines than are needed to produce the same amount of wind power. Given the difficulty and cost of building tidal arrays at sea and getting the energy back to land, however, ocean technologies are still young and mostly experimental. But as

the industry matures, costs will drop and some analysts think the ocean could power nearly two percent of U.S. energy needs.

Several companies now work at the cutting edge of ocean power technology. Scotland's Ocean Power Delivery Ltd. has a wave system called Pelamis that it hopes to install in waters off of California's wave-battered central coast. And Seattle, Washington's Aqua Energy has installations off the coasts of Oregon, Washington and British Columbia and is in talks with utilities about providing the Pacific Northwest with hundreds of megawatts of ocean energy within the next decade.

Tidal energy pioneers are also hard at work on the U.S. Atlantic coast. The New Hampshire Tidal Energy Company is developing tidal power in the Piscataqua River between New Hampshire and Maine. And a company called Verdant Power is providing Long Island City, New York with electricity through tidal river turbines and has begun installation of tidal power systems in New York City's East River.

Contacts: Ocean Power Delivery Ltd., Aqua Energy (Finavera Renewables); Verdant Power

Dear EarthTalk: There has been so much attention paid to designing environmentally friendly cars. Is there a similar effort to replace gas-guzzling boats?—Brita B., via e-mail

The U.S. has been regulating fuel economy and emissions in cars and trucks for decades but got a late start addressing similar issues with boats. In 1996, though, recognizing a growing problem of boat engine pollution, the Environmental Protection Agency (EPA) issued new rules to "bring forth a new generation of marine engines featuring cleaner technology and providing better engine performance to boat owners."

Even small quantities of fuel and exhaust discharged by boats can disrupt the balance of nutrients, oxygen and clean water in both freshwater and marine ecosystems. Indeed, the cumulative effect of millions of inefficient motorboats plying our waterways has been devastating to marine life and our water supplies. Under the new EPA regulations, which will phase in over the next 30 years, new marine engines will burn gas much more efficiently and generate much less pollution than most models out on the water today.

According to the EPA, traditional two-stroke boat engines waste significant amounts of gasoline and oil, spilling as much as 30 percent of their fuel into the water and air either unburned or partially unburned. In the water, unburned hydrocarbons increase concentrations of benzene, methyl tertiary-butyl ether (MTBE) and other toxic substances that pollute water ecosystems. In the air, they help form smog, which causes a host of health problems and disrupts visibility everywhere from our cities to our national parks.

Those looking to buy a boat today should choose one with a four-stroke or direct fuel injection (DFI) two-stroke engine. These pollute about 75 percent less than their traditional two-stroke predecessors and use as much as 50 percent less gas and oil. They cost more than traditional two-stroke engines, but owners soon make up the difference in fuel and oil savings. They are also easier to start and maintain, and are quieter.

New generations of electric boat motors are also coming on line, and promise to significantly cut pollution if adopted widely. Wooden, sport and leisure boats are now all available with electric engines that are quite comparable to traditional engines in performance and looks. They are also non-polluting, quiet and can cruise where gas motors are not permitted. Some leading makers include Beckman, Budsin, Cobalt Marine, Electric Launch, Duffy, Electracraft, Griffin Leisure, Pender Harbour and Spincraft.

The only catch is that the energy that powers the batteries for electric boats most likely comes from a coal-burning power plant that spews mercury, carbon dioxide and other pollutants into the skies and waterways. A handful of manufacturers—such as Australia's Solar Sailor and Canada's Tamarack Lake—now make solar-powered or solar-assisted electric boats to help overcome this environmental hurdle.

Of course, the ultimate energy source for any recreational activity is elbow grease. But for those who need more than a canoe or kayak to get around, Nauticraft hybrid boats employ human pedal power to augment a small electric motor. And the Italian-made Shuttle Bike puts a new spin on pedal boats: Owners affix two inflatable pontoons to their mountain bikes, and they can then pedal around their local lake or harbor.

Contacts: EPA Shipshape Shores and Waters. A Handbook for Marina Operators and Recreational Boaters. Got an environmental question? Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit your question at: [www.emagazine.com/earthtalk.html](http://www.emagazine.com/earthtalk.html); or e-mail us at: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com).

### Children's Events at Valley Branch Library

Following are events in September at the Visitacion Valley Branch Library:

\*Apr. 3, 10, 17 and 24, Tuesday: *Mother Goose on the Loose* with stories songs and rhythms for young children ages birth-3 at 11:30 a.m.

\*Apr. 3, 10, 17 and 24, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

\*Apr. 11, Wednesday: Preschool Videos for ages 3-5 at 10:30 a.m.

Visitacion Valley Branch Library is located at 45 Leland Ave. (at Desmond Street). Call (415) 355-2848.

## Book Review

### A History of Democracy

*The History of Democracy from the Middle East to Western Civilization* by Harold E. Rogers, Jr. (Authorhouse, \$ 13.40)

Based on the historical works of leading American and foreign historians, *The History of Democracy from the Middle East to Western Civilizations* is a unique text by Harold E. Rogers, Jr. laying out a broad outline of the history of democracy.

"This book becomes available at a particularly opportune time in the course of our national debate over Iraq," explained Rogers, who is currently negotiating to get the book translated into Russian for sales in that country. "President Bush has been struggling to convince the American electorate that our principal goal in the Middle East is to establish a flourishing democracy there since Bush's failure to locate weapons of mass destruction, the original justification for the war. The debate has become shrill, but not all the participants in the debate, including foreign dictators, agree as to what democracy means, particularly in the Middle East which has been ruled for centuries by tribal leaders."

Written in a straightforward, readable way, the book summarizes the main themes of history while helping readers of the news media to make in-depth sense out of the jumble of headlines and ar-

### Community Library Gathering at Garden For the Environment

A one-day public library created by artists, gardeners and friends of the Garden for the Environment encourages one and all to bring a selection from their private libraries to the garden for a one-day only public library on Sunday, Apr. 15 from 12 noon until 4:30 p.m. with readings at 2 p.m. By sharing a selection from favorite books, a temporarily collective dream library will be created.

Please bring no more than ten books on the following themes: Urban gardening, art and nature, food history, art/policy/farming, sustainability, future of food, social history of food/gardens. Books can be children's books, non-fiction, how-to guides, scientific/botanical illustrations, recipe books and fiction. Come prepared to read, sip tea and share selections from your favorite books.

The Garden for the Environment is located on 7th Avenue at Lawton Street. Please call 731-5627 for more information. This event was conceived of by Amy Franceschini, Artist-in-Residence at Garden for the Environment.

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ticles pouring out of daily press and television coverage.

Broad sections of history in separate coherent bites including an overview of history beginning with Mesopotamia (Ancient Iraq) and Egypt, through Greece, the Roman Empire, Middle Ages, England and Modern Europe to American efforts to impose Democracy on the Modern Middle East.

In roughly 200 pages, bite-sized chapters of the book include not only a comprehensive overview, but also separate chapters on the Democratic History of America, the Development of Democracy in Russia, Democracy in Muslim Countries and what history has taught about Democracy.

Carefully researched and documented by the author, *The History of Democracy* can serve not only as a source for thoughtful readers following the national debate over democracy, but also for those seeking to increase their general knowledge.

Rogers, who earned both history and law degrees at Stanford University, graduated Phi Beta Kappa before military service in Italy as a first lieutenant in the Army JAGC.

After organizing a law firm in San Francisco specializing in public finance and litigation, he continued writing a wide variety of articles and several books including two volumes on California water history. A onetime member of San Francisco Trade delegations to both China and Russia, he also wrote articles on law supporting development in China, an evaluation of the Gorbachev revolution in Russia and a variety of articles and interviews published in Russia.

Rogers was also a lecturer at the Stanford Law and Business schools where he developed and delivered a semester course entitled Problems of Doing Business in Russia and the CIS. He was appointed by President Jimmy Carter as chairman of the Commission on the Review of the Federal Impact Aid Program.

### Run to Benefit School

*Muffy's Run*, a 5K/10K race and Fun Run to benefit Kipp Bayview Academy will be held at 9 a.m. on Sunday, Apr. 22 beginning at the south tunnel of the Polo Fields at Golden Gate Park.

A \$30 entry fee includes a finisher t-shirt and awards will be given to the top three finishers by age group.

For more information, call (415) 518-3186.

## Cooking Corner

### Apricot Oatmeal Cookies

1/2 cup organic butter, softened; 1/2 cup organic vegetable shortening; 2 cups C&H® Organic Granulated Sugar; 2 large organic or farm-fresh eggs; 1-1/2 tsps. pure vanilla extract; 2 cups organic rolled oats, finely ground; 2 cups organic white or wheat flour; 1/2 tsp. salt; 1 tsp. baking powder; 1 tsp. baking soda; 1/2 cup organic rolled oats; 1-1/2 cups organic dried apricots, coarsely chopped; 2 cups organic pecans, walnuts or almonds, chopped.

Preheat oven to 375° F and place rack in center position. Beat butter and shortening with sugar until light and fluffy.

Add eggs, one at a time, beating well after each addition. Stir in vanilla. Grind oats in a blender or food processor until fine, then combine together with flour, salt, baking powder and baking soda.

Gradually stir flour mixture into butter mixture. Fold oats, apricots and nuts into batter and drop by heaping tablespoons, about 2 inches apart, onto lightly greased baking sheets.

Bake 10-12 minutes, or until golden. Cool 2-3 minutes, then remove to a rack to cool thoroughly before serving.

Store in an airtight container at room temperature. Yields approximately 4 dozen large cookies. *NAPS*

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**Saturday Masses**  
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## WVCC Celebrates Founder's Day With Week of Entertaining Events

A festive week of Mar. 11 through 17 saw Visitation Valley Community Center (VVCC) celebrating its 89th anniversary and what would have been the 118th birthday of its founder, Miss Florence Friedman.

On Mar. 11, Visitation Valley Community Center's (VVCC) Senior Center featured a lovely tea, with a delicious assortment of dainty tidbits, coffee and tea; all served while the seniors relaxed to the sound of classical piano music.

Wednesday, Mar. 14 proved to be an interesting Open House Day at all WVCC Program sites.

On Thursday evening, Mar. 15, the Children's Programs honored

Brenda Lopez, former Children's Programs Director for her many contributions to the children and families of Visitation Valley.

Saturday, Mar. 17 was the grand finale for the week with a terrific musical show held at the Visitation Valley Middle School (VVMS) auditorium.

All the acts rocked the house, from Mr. Braye's 7th and 8th grade bands to the *Back Porch Band* with Rich and Cookie Hoeg, Glenn Russell, Sid Airey, David Fleminger and John Amott; to the *Glad Tidings Church Choir*, to Gospel Soloist, Donna Fontenot, to a special surprise act: the *Alumni & Co.* band, featuring former VVMS Principal John Flores, son Marcus Flores and friend, Manuel Affonso.

Soloists from the VVMS bands also included 7th grade's Patrick Lealaimatafao and 8th grade's Audrey Whiley with a beautiful rendition of Gershwin's *Summertime*.

We must say that the 7th Grade Band's vocalist really brought down the house! All the kids were very professional and great entertainers.

Thanks are given to everyone who worked so hard to make the week special, as well as the Board of Directors, staff, volunteers and friends of Visitation Valley Community Center.



Patrick Lealaimatafao sang solo.



Brenda Lopez (l) was former director of Children's Programs at WVCC.



Connie and Eman welcomed guests to the Community Center on March 14.



The VVMS 7th grade band put on quite a performance at the school on Mar. 17.



Alumni & Co. featured former VVMS Principal John Flores and his son, Marcus.

## Senior University Holds Graduation

Senior Action Network's (SAN) Senior University held an early afternoon ceremony on Mar. 14 for its current graduating class at John King Senior Community, 500 Raymond Ave. Graduates related their class and life experiences in speeches preceding the program.

Senior University trains seniors in San Francisco on community organizing skills, leadership, and empowerment and is offered in several languages: English, Vietnamese, Russian, Spanish, and Chinese.

Each round of Senior University consists of four class sessions, with a curriculum including: Community Organizing; Taking Direct Action in the Community; Lobbying; Conducting an Effective Meeting; Public Speaking; Diversity; and Leadership.

Graduates of Senior University follow up on their training by becoming involved in community organizing activities, leadership roles in their neighborhoods and volunteer roles at local organizations.

Senior University is a free program for seniors (50 years of age or older) and persons with disabilities. Refreshments and lunches are served at sessions. For more information or to pre-register, call (415) 546-1337.

## How Stress Affects The Body and Mind

Stress matters. At least that's what health research tells us. Recent studies have shown that stress can affect your body and mind—and not in a good way.

Our bodies evolved to be finely attuned to a predator's attack. When we sense danger, our bodies quickly release hormones into our bloodstream that increase our heart rate, focus our attention and cause other changes to quickly prepare us for coming danger. Stress was and still is crucial to our survival.

The type of stress we're adapted to deal with, however, is the short, intense kind—like fearing a bear will make a lunch of us. The stresses of modern life—like money trouble, difficulties at work or bad traffic—may not be as extreme, but we often have little time between periods of stress to recuperate. The chronic stress can eventually take both a mental and physical toll.

It's long been known that blood pressure and cholesterol levels go up in people who are stressed. Studies have now linked chronic stress with cardiovascular problems like hypertension, coronary heart disease and stroke.

The immune system is also affected by stress. When your immune cells are bathed in high levels of stress hormones, they get tuned down. People under a lot of stress, like caregivers of people with Alzheimer's disease, are more likely to get the flu or a cold.

Chronic stress affects the brain, too. Brain cells bombarded by stress signals eventually start to shrink and cut connections to other brain cells. The network that coordinates our thoughts, emotions and reactions starts to rearrange. That may explain why studies have linked high levels of stress hormones with lower memory, focus and problem-solving skills.

You can take several steps to help you cope better with stress. First, get enough sleep. Sleep deprivation throws your stress hormones off balance.

Develop a network of people you can talk to when life gets difficult. People who have larger social networks live longer.

Keep yourself healthy and fit so your body's better able to deal with stress. Exercise regularly, eat a healthy diet, don't smoke and don't drink to excess.

If your stress seems too much to manage, talk to your health care professional.

Adapted from NIH News in Health, a publication of the National Institutes of Health (newsinhealth.nih.gov).

NAPS

## Successful Homeless Outreach Effort Now Duplicated Around the Nation

The city of San Francisco once known for having the most pervasive homeless problem in the country, is now the model for the rest of the nation in how to end chronic homelessness.

Identified as a national best practice by the United States Interagency Council on Homelessness, San Francisco's PHC homeless outreach event is now being copied by more than 100 cities and counties in 26 states including Oregon, Nevada, Texas, Missouri, New York and Florida. Newsom's widely successful homeless outreach has also grown globally with similar homeless outreach events taking in place in Canada, Puerto Rico and Australia.

"Project Homeless Connect is an example that anything is possible when dedicated and committed people come together to make a difference," said Mayor Newsom. "San Francisco again leading by example, continues to prove to the nation and the world that ending chronic homelessness is no longer

just a good natured concept but a realistic possibility."

According to Philip Mangano, Executive Director of the federal United States Interagency Council on Homelessness, "Across our nation, tens of thousands of community volunteers have engaged their homeless neighbors with words of welcome and a range of resources to create pathways out of homelessness. We are proud to have 'stolen' this idea from San Francisco and encouraged communities coast to coast to replicate its innovative fusion of political, social, and civic will on behalf of their poorest citizens." Philip Mangano was recently in San Francisco to announce that San Francisco had been awarded a historic \$19 million dollars in federal funds by the United States Department of Housing and Urban Development (HUD) to help support the city's homeless programs.

Public/Private partnerships also continue to play an important role

in the success of Project Homeless Connect. California Pacific Medical Center (CPMC) is sponsoring PHC XV and their financial contribution will help PHC cover expenses for today's event. CPMC is also sending a volunteer contingent of almost 300 employees from the hospital's management and clinical staff to participate in the homeless outreach program. Business partners have also supported

### Favorable Job Market Expected for S.F.

San Francisco area employers expect to hire at a respectable pace during the second quarter of 2007, according to the Manpower Employment Outlook Survey.

From April to June, 17 percent of the companies interviewed plan to hire more employees, while 2 percent expect to reduce their payrolls, according to Manpower spokesperson Thomas Baity.

Another 63 percent expect to maintain their current staff levels and 18 percent are not certain of

PHC through job placement programs. Through these programs, PHC clients have secured jobs with local business partners, including CBS Outdoors and Safeway.

To date, PHC has distributed more than 100,000 lbs of food and has provided shelter and housing to 1,621 clients. For more information on Project Homeless Connect or how you may volunteer, please visit [www.SFCONNECT.ORG](http://www.SFCONNECT.ORG).

their hiring plans.

For the coming quarter, job prospects appear best in Durable and Non-Durable Goods Manufacturing, Finance/Insurance/Real Estate and Services. Employers in Wholesale/Retail Trade voice mixed hiring intentions. Hiring in Construction, Transportation/Public Utilities, Education and Public Administration is expected to remain unchanged.

At the national level, U.S. employers anticipate that job prospects will ease slightly during the second quarter of 2007, according to the seasonally adjusted survey results.

Looking back at the last four quarters of data, a clear softening trend emerges, indicating that employers are growing somewhat hesitant about adding staff.

Of the 14,000 U.S. employers surveyed, 28 percent expect to increase payrolls during the second quarter of 2007, while 7 percent expect to trim staff levels. Fifty-nine percent expect no change in the hiring pace, and 6 percent are undecided about their hiring plans.

## Symphony and Sculpture at S.F. Recycling and Disposal

San Francisco Recycling and Disposal will hold a closing reception and performance for composer Nathaniel Stookey and local artist Ellen Babcock at its Art Studio at 503 Tunnel Ave.

The reception will be held Friday, May 25 from 5 to 9 p.m. and Saturday, May 26 from 1 to 5 p.m. Admission is free and open to the public.

Local composer Nathaniel Stookey's last piece was for the San Francisco Symphony and his next piece is for the San Francisco Dump. Since Feb-

ruary, Stookey has been finding discarded objects at S.F. Recycling and Disposal for an unconventional "junkstra" of pipes, pots, oil drums, and more. The next step will be to create a musical score and to bring in musicians for a professional recording and a premiere performance in May.

At 17, Stookey was the youngest composer ever to be commissioned for the San Francisco Symphony's New and Unusual Music Series.

Local sculptor Ellen Babcock, who uses common building materials,

has also found plenty to work with at the San Francisco dump, where half of the customers drop off wood, plaster, concrete and other materials from construction projects.

The Artist In Residence Program was initiated in 1990 by San Francisco waste haulers to spur people to conserve natural resources and to instill in children and adults increased appreciation for the environment as well as art. Sixty-three professional Bay Area artists have completed residencies.



## Joe Leland around the neighborhood

**\*T-Line Beginning Regular Service:** Regular service along the 5.4-mile regular T-Line route is slated to begin on April 7 from the Sunnydale Station in Visitation Valley. Plans call for an LRV every nine minutes during morning and afternoon rush hours., with 12 and 20 minutes intervals at night until 1 a.m. Service on early weekend mornings (5-6 a.m. Saturdays and 5-8 a.m. Sundays) will be provided by buses.

**\*Goodbye to 15-Third:** After 67 years of service, the 15-Third bus line will be discontinued on April 7. Buses had replaced the original 15 streetcar line in 1940 which began more than a century ago as a horsecar line. The 15-Third route will be replaced at the northern and southern ends by an expanded service on the 9X, 9AX, and 9BX bus lines, as well as the T-Third.

**\*Citizens Advisory Committee:** Visitation Valley's next Citizens Advisory Committee (CAC) meeting will be at the Visitation Valley Elementary School auditorium, 55 Schwerin St. on Tuesday, Apr. 10 from 6 to 8 p.m. Featured will be the latest progress in the development of the former Schlage Lock site and the beautification of Leland Avenue.

**\*Old Visitation Valley Photos Wanted:** The Visitation Valley History Project is always looking for old photos and personal stories about the Visitation Valley of yesteryear. The group of neighborhood residents formed to ensure our shared past will be preserved for our collective future. If you have photos that you would like to share (they will be copied and returned) please contact Edie Epps at (415) 467-0236 or Betty Parshall at bparshall@flash.net

**\*Updates on Valley Meetings:** Want to stay current on Valley meetings and events? Send an email to the Bob "Keeper of the List" Lehman requesting regular email updates: rlpb@sbcglobal.net

## Tackling Global Warming and Energy Independence

by Speaker Nancy Pelosi

Last month, I met with environmental and business experts, innovators, and advocates from the San Francisco Bay Area to discuss the crucial issues of energy independence and climate change. As leaders in their field, they brought to the discussion new ideas and a record of success in creating and implementing innovative solutions to protect our air, water, and land, as well as the public's health.

San Francisco has always been at the forefront of the movement to address our growing dependence on foreign oil and reduce greenhouse gasses that are responsible for climate change. The commitment to lead the way in the use of emerging technologies and energy alternatives can be seen throughout the City, especially in the Moscone Center Complex. As one of the nation's largest municipally-owned solar generation installations, it is a shining example of the progress we can and must make.

House Democrats began the 110th Congress by charting a New Direction for our energy future for the sake of national security, the economy, and the health of our planet. In the first 100 hours the House passed H.R. 6, which repeals \$14 billion in subsidies and giveaways to Big Oil and invests in clean, renewable energy, energy efficiency and conservation. This is the first step in fulfilling our commitment to lead America on the path to energy independence and address global warming.

We will continue on this New Direction by investing in emerging energy efficient technologies, promoting programs that move cellulosic ethanol into the marketplace, and increasing the production and use of solar, wind, and other domestic renewable energy resources from coast to coast. An extension to the solar tax credit, one of California's most abundant renewable resources, will contribute to our efforts to cut greenhouse gases while investing in innovative technologies that will fuel our economy and create high-quality jobs here at home.

A report last month by the Inter-governmental Panel on Climate Change has confirmed that global warming is already underway and has solidified our certainty that human activities are largely responsible. Last month in San Francisco, the American Association for the Advancement of Science - the world's foremost scientific experts - announced consensus on climate change saying, "The evidence is clear, global climate change caused by human activities is occurring now and is a growing threat to society." Global warming will reshape our planet and society.

But we have an opportunity to blunt the harsh consequences with prompt action. In the House, we are heeding this call. At the start of this Congress, I charged all the Chairmen whose committees play a role in addressing these issues to prepare legislation this spring. The legislation will be a starting point on global warming and energy independence that we hope to have through the committees by July 4th, so that this year, Independence Day is also Energy Independence Day.

To help accomplish this goal, I announced the creation of a Select Committee on Energy Independence and Global Warming. The Select Committee will greatly elevate the issue of climate change in the House and in the public eye. The

## Recycled Buildings in Visitation Valley

by Visitation Valley History Project

Can you guess what building housed the first Safeway store in Visitation Valley? If you answered Silvestri's on Bayshore, you'd be wrong, as that was the second Safeway. The first Safeway was in a building that still stands today but has been adapted to another use. In a way, the building has been recycled and given another lease (literally) on life.

Adapting old buildings is not new to the residents of Visitation Valley. According to local lore, after the devastating earthquake and fires of 1906 displaced many San Franciscans, industrious Valley residents rented out converted chicken coops as temporary housing. It's unclear where the chickens relocated to.

Countless buildings that were born in a bygone era still live today. They might not look the same or serve the same purpose but they are alive and well. For example, world-famous Piccolo Pete's Deli began its life as a refrigerator showroom. Part of the Bank of America building on Leland and Bayshore was origi-

nally a Purity Market. The storefront currently occupied by Dr. Kuan, DDS on Leland was once the branch library. International Wash Coin Laundry on Leland was a furniture store. Miz Rena Beauty Salon/Day Spa on Blanken was a pharmacy. The list goes on and on. Unfortunately not every building can be saved. Some are

simply too outdated or too far-gone. But before we call in the wrecking ball, we should ensure that demolition is actually in the best interest of the building and the community because once it's gone its gone forever.

## New Communities of Opportunity Website

As a followup to Mayor Newsom's Policy Town Hall regarding his Communities of Opportunity initiative, the Mayor's Office recently unveiled the accompanying website that offers greater details and information about the program.

Communities of Opportunity "COO" is an innovative and collaborative effort between the city and county of San Francisco and the philanthropic community that Newsom outlined in a recent town hall meeting held in the city's Bayview Community.

The program was created to foster asset accumulation, promote good childcare, education, health care, jobs, business opportunities, and affordable housing for San Francisco's most disadvantaged neighborhoods.

"Communities of Opportunities is an important initiative that helps address many of the quality of life issues affecting some of the city's most underserved communities," said Mayor Newsom. "The program's website will serve as an effective tool linking those disenfranchised neighborhoods with the necessary programs and services needed to enhance economic viability and productive community development."

Dwayne Jones, Director, Communities of Opportunities notes that 50 community meetings took place with over 350 residents participating in which a set of "catalyst programs" were identified. According to Jones, "These catalyst programs will offset any gaps in

the current services available in these communities and help people overcome barriers that have previously made it difficult for them to take advantage of what this city has to offer. Many of the COO programs launching this summer were designed based on proven effective local and national programs as well as those innovative plans from residents who know first hand what services they need."

Several of the programs that were based on community input have already been launched during a demonstration project at the Alice Griffith Housing project. Residents who participated in that project and sharing their stories, included a teenager who got a job as a part-time coach for the new hockey team that was formed, to a 40-year resident reflecting on the real difference COO is making. It is based on the success of this demonstration project that the city decided to roll-out the full pilot in Bayview Hunters Point and Visitation Valley.

The website also outlines the innovative way this new system will work to link residents, the city, philanthropy community, and economic development to radically change socio-economic outcomes in the southeast sector.

Based on the success of this pilot, the city plans to roll out COO to other neighborhoods within 1-2 years. To learn more about COO please visit the website at [www.coosf.org](http://www.coosf.org).

## New Research Shows Consumers Have More Control Over Identity Fraud

From Page 1

The 2006 Identity Fraud Report offers 10 key data points on identity fraud:

### Identity Fraud Trends

1. The number of adult victims of identity fraud within the past 12 months has declined marginally between 2003 and 2006, from 10.1 million people to 8.9 million people, in the United States.

2. The average fraud amount per case has increased from \$5,249 to \$6,383, over 2 years. As a result, the total one-year cost of identity fraud in the United States has remained relatively flat between 2003 and 2006, increasing from \$53.2 billion to \$56.6 billion.

3. The vast majority of identity fraud victims (68 percent) incur no out-of-pocket expenses. This points out that businesses are victims of fraud as well.

4. Victims are spending more time to resolve identity fraud cases, which has increased from 33 hours in 2003 to 40 hours in 2006.

### Means of Access

5. Most data compromise - 90 percent - takes place through traditional offline channels and not via the Internet, when the victim can identify the source of data compromise. (47 percent of victims could identify the source of the data compromise.)

6. Lost or stolen wallets, checkbooks or credit cards continue to be the primary source of personal information theft when the victim can identify the source of data compromise. (30 percent). (47 percent of victims could identify the source of the data compromise.)

7. Almost half (47 percent) of all identity theft is perpetrated by friends, neighbors, in-home employees, family members or relatives - someone known - when the victim can identify the perpetrator of data compromise. (36 percent of victims

could identify the person who misused their information.)

8. Nearly 70 percent of consumers are shredding documents, so that trash as a source of data compromise is now less than 1 percent.

9. The 65+ demographic age group has the smallest rate of identity fraud victims (2.3 percent).

10. The 35-44 demographic age group has the highest average fraud amount (\$9,435). (Note: victims' age was not found to be statistically related to Internet usage as compared to traditional types of fraud.)

### Four Key Misperceptions Surrounding Identity Fraud

**Misperception #1:** "Consumers are helpless to protect themselves."

"In 63 percent of fraud cases, the point of compromise was either theft by close associates of the consumer (friends, family, neighbors, etc.), lost or stolen wallets, cards and checkbooks, breached home computers or stolen mail or trash.

\*Consumers detect almost half (47 percent) of identity fraud cases. Self-detection is faster (averages 67 days vs. 101 days), results in smaller average fraud amounts (\$4,431 vs. \$8,466) and smaller consumer costs (\$347 vs. \$538).

\*A key way to detect fraudulent accounts is through credit monitoring / reports. Eleven percent of fraud cases were caught via this means.

**Misperception #2:** "Consumers bear the brunt of the financial losses from identity fraud."

\*Average out-of-pocket cost for identity fraud victims is \$422 (7 percent of the average fraud amount of \$6,383) down from \$675 last year and \$555 in 2003.

**Misperception #3:** "Internet use increases the risks of identity fraud."

\*Data compromise through the Internet is statistically unchanged from last year (11 percent to 9 percent today).

\*Internet use can lead to lower damages from identity fraud. Electronic account monitoring is the fastest way to detect fraud and leads to lower losses - (22 days and \$3,806).

**Misperception #4:** "Seniors are most frequent targets of fraud operators."

\*Generation X (ages 25-34) has the highest rate of identity fraud at 5.4 percent. The average fraud amount for this demographic is \$6,270 as compared to the average fraud amount for the 65+ segment which is \$2,665.

### Identity Safety Tips That Can Protect Consumers

"This new research offers a very different but accurate and helpful perspective about identity theft fraud and it shows how we can stay on top of this problem," says Steven J. Cole, president and CEO of the Council of Better Business Bureaus. "Consumers can do a lot to make sure they cut down the risk associated with this fraudulent activity."

Based on the latest findings, the Better Business Bureau, Wells Fargo, Visa and CheckFree have issued the following tips for consumers to protect themselves against financial identity fraud:

### Prevent access to personal information:

\*Do not release Social Security or account numbers in response to e-mail, phone or in-person requests. When responding to e-mail, ignore any Internet links provided and type the full address instead.

\*Keep all sensitive documents, checkbooks and credit cards securely locked away at home and at work.

\*Carry only those credit cards that you need in your wallet.

\*Before discarding, shred all private documents.

\*Retrieve paper mail promptly and place outgoing checks or other sensitive documents in a U.S. Postal Service mailbox.

\*Sign up for automatic payroll

deposits.

\*Replace paper bills, statements and checks with online (paperless) versions.

\*Keep passwords hidden (even in your own home) and change them frequently.

\*Use and regularly update firewall and anti-virus software.

\*Do not respond to suspicious e-mails. Delete them, and if there is any doubt contact the company to determine if the e-mail is real.

\*Don't discard a computer without completely destroying the data on the hard drive.

### Detect unauthorized activity:

\*Review bank, credit card and biller statements weekly - available through online account access.

\*Contact your financial provider if you fail to receive statements in a timely manner.

\*Review your credit information regularly (free annual reports are available at [www.annualcreditreport.com](http://www.annualcreditreport.com) or call 1-877-322-8228).

\*Use e-mail-based account "alerts" to monitor transfers, payments, low balances, withdrawals, or detect any out-of-pattern activity.

\*Visit your bank's, credit card issuer's or biller's web site(s) frequently to monitor regular account activity.

Resolve fraud promptly, minimizing losses and protecting your credit record:

\*Ask your financial provider about zero-liability guarantees against fraud and dedicated resources to help you resolve and recover from any potential losses.

\*Victims of theft: notify your financial providers, begin monitoring your accounts more frequently, and place an "alert" at all three credit bureaus (Equifax, Experian or TransUnion).

\*Alert federal and local law enforcement if you suspect or detect identity fraud.



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## Watercooler Counsel

### Women and the Law

by Rich Proulx & Malinda Tuazon

Q: I am a victim of domestic violence. Two weeks ago, I needed to take time off work to go to court and get a restraining order against my husband. I showed my boss the court documents and explained a little about my situation and he seemed genuinely concerned for me. A few days later, he called me back into his office and told me he was going to let me go. He said he didn't want to be dealing with any "riff-raff" and that he needed an employee he could depend on. Being fired from a job right now is the last thing I need\*what can I do? -Suddenly Jobless, Susanville, CA

A: You're absolutely right\*being fired from a job is certainly the last thing you need right now. Fortunately for you, the public has begun to recognize domestic violence as the pervasive problem it really is. In fact, according to Legal Momentum, a New York organization working to advance women's rights, nearly 50 percent of domestic violence survivors report having "lost a job due, at least in part, to the violence in their lives." Several states, including California, have laws which ensure job-guaranteed leave for victims of domestic violence to seek a restraining order, to seek medical care, or to make arrangements to leave their batterer. Your employer may have violated California Labor Code Section 230 and we advise you to contact the CA Division of Labor Standards Enforcement to file a complaint. In fact, you may want to think about filing a charge of sex discrimination with the EEOC if your employer treats abused women differently from male employees. If you know of men who have taken leave from work to attend court (even if the subject matter was different) and were not fired, you should contact the EEOC or the California DFEH immediately. In order to deal with your immediate situation, you should contact your state unemployment office, the CA Employment Development Department individuals are entitled to receive unemployment benefits if they are terminated through no fault of their own, and domestic violence has been identified as one of those situations. It may also be helpful to contact a local domestic violence resource agency or shelter they generally have connections with organizations that can help you with these and other legal issues.

Q: I'm the Human Resources Director for my company and I'm getting tired of all of the sexual harassment complaints coming across my desk. I've been working for 30 years and it seems like these girls constantly complain about things we just have to put up with working in an office. I hate to waste company resources investigating every case to find out they're mostly incidents of hypersensitivity. -Frustrated in Fairbanks, Fairbanks, AK

A: We definitely understand how differences of perception muddy the waters of any harassment investigation. But, your job as HR Director is to listen to the complaints of your workforce and determine the best way to proceed so as to ensure the best working conditions for everyone involved. You need to approach each complaint with an open and fresh mind, giving the complainants the benefit of the doubt. You need to promptly investigate, and take all actions needed to end whatever harassment is going on. If you find that you are burned out by the complaints, there's a good chance that you aren't able to put yourself into the shoes of these women, and objectively carry out

this duty. You may even be a serious liability to your employer.

A pro-active way of helping to avoid frivolous complaints is to conduct sexual harassment training for all employees on a regular basis. This has the added benefit of letting potential harassers know what is and is not appropriate, thereby saving time, resources, and the company's reputation.

*Our team of government experts is happy to investigate all of your questions, even the ones that seem frivolous. March is Women's History Month, but men made history in 2006 by filing a record 15 percent of sexual harassment charges with the EEOC. Send your questions to Watercooler.Counsel@eoc.gov. Rich is a former Supervisory Investigator and Malinda is a current Federal Investigator for the Equal Employment Opportunity Commission www.eeoc.gov. Identifying information in the questions may be fictional.*

## Bayview Police Update

by Bayview Captain Albert Pardini  
Police Cases

\*Wednesday, Mar. 7, 10:18 a.m., Bayshore Boulevard, Possession of Controlled Substance and Narcotics Paraphernalia: Officers were on patrol when they observed a male subject riding his bicycle on the sidewalk. They got out of their marked patrol vehicle and detained the subject. The subject appeared to be uneasy. He was avoiding all eye contact and constantly shifting his weight from foot to foot. Concerned that the subject may possibly be hiding a weapon, One officer conducted a cursory search. When asked if the subject had any sharp objects on him, he stated that he had an uncapped needle in his pants pocket. The officer retrieved several hypodermic needles from the subject's pants and jacket. The officer then placed the subject under arrest. An arrest search revealed two clear bags containing a brown powder-like substance. Due to both officers training and experience, they believed the brown powder-like substance to be tar heroin. The subject was transported to Bayview Station where he was booked for possession of a controlled substance and possession of narcotics paraphernalia.

\*Saturday, Mar. 10, 6:33 p.m., Silver and San Bruno Avenues, Car Jacking Arrest: Three 17 year-olds were arrested when they were found driving in a vehicle that was car jacked the day prior. They were spotted by an officer as they pulled into a gas station. They were brought into custody and brought back to Bayview Station. The victims were brought to the station and they were identified as their attackers. All the juveniles were booked at the Youth Guidance Center.

## Voice of Small Business

### Developing Generation Of New Entrepreneurs

by Todd Stottlmyer

When you look back on American history, you realize that the founders and early leaders of our country were at heart entrepreneurs. Risk-takers boarded ships to make a dangerous ocean crossing, looking for new opportunities in a new land. Later adventurers loaded wagons and headed west for the same reason.

In between, our founding fathers fought to be free of unfair taxes, to have the political and, perhaps more importantly, economic freedom to be innovative within a marketplace that values the free flow of ideas.

That's a truly powerful force, one that's unique in the world. It's given our society great intrinsic advantages over other countries, as we've built a culture that's based on people believing in taking risks and seizing opportunities. We can do that because we've created an economic environment that contains very few institutional limitations on what we can achieve.

But, as they say about the stock market, "past performance is not an indicator of future results." We must continue to nurture and build those aspects of our society that have contributed to our success. That is especially important when we look for the next generation of entrepreneurs.

We must recognize that we live in an ever-changing world, that we now compete on a global basis, and that complacency in the face of this new reality is our biggest enemy. This a challenge that faces the next generation.

Tomorrow's innovators are everywhere, and not just in classes devoted to business. Entrepreneurs are artists, musicians, scientists, doctors and writers, among others. It's important to teach them what it takes to start something and to encourage them to become "successful failures." By that I mean that failure can be good, if you learn from your failure what it takes to become a success.

Future leaders need to learn about the opportunities of entrepreneurship, and we know that they want to learn. Last year, the National Federation of Independent Business' Young Entrepreneur Foundation, in partnership with Visa USA, surveyed teachers and guidance counselors across the country. They told us that that while the entrepreneurial spirit is alive and well in our nation's schools, students don't know where to start.

Results of the study showed that while 90 percent of teachers and guidance counselors say their high-school students have expressed an interest in becoming

their own bosses, 75 percent think kids don't know where to turn for assistance. Also, 74 percent of respondents whose schools don't offer this instruction think that it should be provided.

For that reason, we created the YEF NFIB Entrepreneur-in-the-Classroom programs, which are designed to bring real-life stories of entrepreneurs into the classroom, enabling students to learn first-hand about the risks and rewards of operating a small business. I recently had the opportunity to participate in this program during the inaugu-

ral National Entrepreneurship Week, and it was gratifying to see the enthusiasm with which students embraced the idea that they can turn their passions and hobbies into an actual business.

Today's entrepreneurs have a great story to tell and a valuable message to share with America's youth. We need to ensure that the next generation hears it loud and clear.

For more information, go to [www.NFIB.com/eic](http://www.NFIB.com/eic)

*Todd Stottlmyer is president and CEO of the National Federation of Independent Business in Washington, D.C.*

## Life-Saving Test Women are Skipping

by Douglas W. Laube, MD, MEd,

Colon and rectal cancer (colorectal cancer) is the second leading cause of cancer death among men and women in the US. But many women may not be aware of the prevalence of colorectal cancer and assume that it affects primarily men. Not so! An estimated 74,640 women will be diagnosed with colorectal cancer in 2007 and 26,180 will die from the disease. This is an alarmingly high number of diagnoses and deaths for a cancer that is extremely preventable and treatable. Still, most women are not up to date on screening.

Some studies suggest that embarrassment about the screening procedures and general underestimation of personal risk could be to blame for low colorectal screening rates in women. However, the benefits of these screening exams are undeniable. Routine screening of women over 50 could lead to an estimated 60 percent reduction in deaths.

Colorectal cancer affects the large intestine and rectum and can take years to develop. It often begins as a tissue growth, called a polyp, in the colon or rectum.

Routine screening helps detect precancerous polyps so that they can be removed before they can turn into cancer. Likewise, the cancer itself can be detected at its earliest stages

through regular screening — when it is 90 percent treatable. Unfortunately, because of low screening adherence, very few colon cancers are found early.

Colorectal cancer often causes no symptoms at all. As it progresses, symptoms may include a change in bowel habits, bleeding from the rectum, blood in stool, stools that are more narrow than usual, abdominal discomfort (bloating, cramps, or frequent gas pains), loss of appetite, and weakness and fatigue.

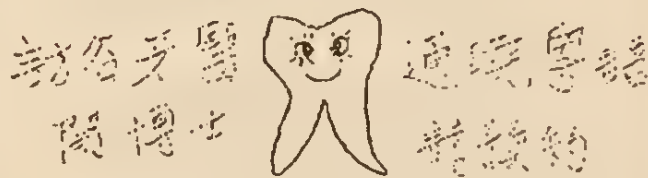
ACOG recommends that all women age 50 and older be screened for colorectal cancer. Women may need to be screened before age 50 if they have a first-degree relative younger than 60 (or two or more first-degree relatives of any age) with colorectal cancer or polyps; have had colorectal cancer or polyps themselves; have had bowel disease, such as chronic ulcerative colitis, inflammatory bowel disease, or Crohn's disease; or have a family history of certain types of colon problems or cancer of the colon.

There are several recommended colorectal cancer screening methods that can be used. Ask your ob-gyn about the different testing options and how often you should be tested.

*Douglas W. Laube, MD, MEd, is president of the American College of Obstetricians and Gynecologists*

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Come to Church This Week



## Visitation Valley Police Report

by Ingleside Captain Paul Chignell  
**Police Cases**

\*On Feb. 16 at 3 p.m., officers arrested a suspect from a prior threats and assault with a knife case. The suspect lives on the 1600 block of Sunnydale.

\*On Feb. 17 at 1 p.m., officers went to the 400 block of Sunrise where two people were in a dispute over a dog. One suspect, who lives in the area, threatened the other while brandishing a sword. The suspect was booked on two charges. At 2:40 p.m. officers on the 1400 block of Sunnydale were aware of a suspect who had threatened to kill his wife and daughter. The officers spotted the resident of the 100 block of Hahn and arrested him.

\*On Feb. 19 at 1:03 a.m., officers went to the first block of Blythdale where a man wanted to turn himself in on warrants. He was arrested on two narcotics warrants and one disturbing the peace warrant, all with no bail. At 5:35 p.m., officers observed a vehicle in front of them on the 2000 block of Sunnydale with no license plates. The officers followed the vehicle at which time the four occupants exited the vehicle and started running away at a high rate of speed. The vehicle was still moving and stopped when it hit a wall. Two of the suspects were arrested after the foot chase. One, who is a juvenile who lives on the 900 block of Ellsworth, was wanted on a no bail juvenile warrant. A second suspect, who lives in Pittsburgh, was cited for interfering with a police officer.

\*On Feb. 20 at 11:50 a.m., officers responded to the 1800 block of Sunnydale where there was a report of a suspect taking tires off of a stolen car. The officers arrived quickly and found a resident of Flounder Street in Treasure Island working on the stolen car with the suspect's car nearby with the engine running. The suspect admitted to stealing the tires. He was arrested for receiving stolen property. At 9:30 p.m., an officer stopped a vehicle at Sunnydale and Garrison for a stop sign violation. The driver, who lives on the 200 block of Argonaut, was driving with a suspended license and was uninsured. He was cited and his 1989 Acura was towed. At 11:50 p.m., officers went to the 200 block of Rey where a security guard was holding an assault suspect from a prior incident. The officers arrested the resident of the first block of Heritage for battery.

\*On Feb. 21 at 7:30 a.m., officers responded to Bayshore and Arleta where an ex-boyfriend had threatened to kill his victim and had struck her with various objects, thereby injuring her lips. The officers tracked the suspect down to the 200 block of Elliot and arrested the resident of the first block of Arleta for numerous felonies. They also cited a companion of the suspect, who lives on Jennings Court for possession of marijuana. At 2:05 p.m., officers were in the Santos and Brookdale area when they observed a number of suspected gang members, one of whom was riding a dirt bike in the area with no license plates. The driver was speeding through the Sunnydale Housing complex trying to avoid the officers. The officers chased the suspect who abandoned the bike and was finally captured after a lengthy foot chase by officers. The suspect, who lives on the 1000 block of Hollister, was arrested for auto theft, possession of cocaine, marijuana, resisting arrest and driving with no license.

\*On Feb. 22 at 9 a.m., an officer on the 400 block of Raymond arrested a 13 year-old girl from Visitation Valley Middle School for stealing a jacket and money which belonged to a school employee. The child resides on Leland Avenue. At 9:57 p.m., San Francisco Police Department Gang Task Force members conducted a search warrant on the first block of Brookdale and found two AK-47 assault weapons inside the residence.

\*On Feb. 23 at 3:45 p.m. on the first block of Schwerin, an officer Terry cited three students from Visitation Valley Elementary School for trying to strongarm another child of his

money. The three suspects, who live on the 1200 block of Girard, 200 block of Hahn and 100 block of Garrison were cited for attempted robbery and conspiracy charges.

\*On Feb. 24 at 4:44 p.m., officers spotted a person slumped over on the 500 block of Rutland. They checked the person and found the resident of the 100 block of Teddy wanted on a Daly City warrant for drunk driving.

\*On Feb. 25 at 2:36 p.m., officers on the 100 block of Brookdale were towing a stolen car when they were approached by two persons asking various questions. One of the persons was suspicious so they checked her identity and found that the resident of the 1500 block of Sunnydale was wanted on a no bail parole extradition warrant from New York City.

\*On Feb. 26 at 10:32 a.m. an officer was on patrol along the 1500 block of Geneva when a pedestrian walked right in front of the police car. The suspect, who lives on Geneva, was wanted on a warrant from the Daly City Police Department for driving with a suspended license. At 5:23 p.m. on the 1600 block of Sunnydale, officers arrested a resident of Stockton for violating a restraining order.

\*On Feb. 27 at 4:07 p.m., a number of women were involved in an altercation over an ex-boyfriend that escalated into a major fight with a knife pulled out and a victim run down by a suspect in a car, causing critical injuries. Two suspects, who live on the 300 block of Sawyer and the 500 block of Gates were arrested for felony assault. At 9:50 p.m. on the 100 block of Blythdale, officers from the Tactical Unit were working a special anti-violence assignment in the Sunnydale area. They spotted a suspicious occupied vehicle and stopped to investigate. The smell of marijuana was clear in and around the vehicle. They determined that the occupants of the vehicle were on felony probation. One suspect, who lives on the 100 block of Blythdale, was in possession of a loaded 9 mm. pistol. He was charged with multiple felonies.

\*On Feb. 28 at 5:09 p.m. on the 100 block of Blythdale, in the course of searching a residence for a suspect wanted in a shooting and robbery from a previous day, officers arrested a woman from the same residence who was wanted on a misdemeanor warrant from San Jose.

\*On Mar. 1 at 10:40 a.m., an officer on the 200 block of Oneida went to James Denman Middle School and admonished two 13 year-olds from the 600 block of Gates and the 5500 block of Mission for purchasing and consuming marijuana "brownies".

\*On Mar. 2 at 6:45 p.m., an officer stopped a vehicle at Arleta and Rutland for an equipment violation. The driver, who lives on the 1100 block of Laguna, was unlicensed. He was cited and his 1993 Ford was towed.

\*On Mar. 4 at 5:52 a.m. officers stopped a vehicle at Carter and Geneva for an equipment violation. The driver, who lives on the 300 block of Baltimore, was unlicensed. He was cited and his 1993 Infiniti was towed. At 5 p.m., officers went to the 600 block of Velasco to serve a search warrant on a premise occupied by a suspected felony assault suspect. They searched the residence with the assistance of a police sergeant and two other officers. They located 100 rounds of ammunition and crack cocaine. The suspect, who resides there, was arrested on attempted murder, weapons and narcotics charges. At 5:35 p.m., a police sergeant and an officer were working a special violence reduction unit in the Sunnydale area. They were flagged down by an estranged girlfriend on the 100 block of Blythdale who stated that her ex-boyfriend, a parolee, had threatened her with a black semi-automatic handgun. Other officers accompanied the officers to the residence where they spotted the suspect in front. Upon seeing the officers, the suspect ran away all the while clutching his waistband as if to be holding a weapon. The suspect ran out of view with the officers in pursuit. The officers suspected the suspect was inside one of the open units further down

Blythdale. The suspect was located inside a unit by an officer and Tactical Unit officers. Officers found the suspected weapon in some bushes near where the suspect had run away. The suspect, who lives on the 700 block of 22nd Street, was arrested on a multitude of charges. At 10:30 p.m., officers went to the 500 block of Carter on a report of a woman screaming inside a premises. They were joined by a police sergeant. Upon entering the unit they found a female victim who had been beaten and was bleeding about the head. They also located the attacker, her boyfriend. The suspect was arrested for domestic violence and felony assault.

\*On Mar. 5 at 3:30 p.m., a police sergeant and an officer responded to a family fight on the 100 block of Brookdale amongst three sisters. One suspect had struck another with a DVD causing an injury. The suspect was cited for assault and malicious mischief.

\*On Mar. 6 at 10:45 p.m., an officer stopped a vehicle at McCarthy and Argonaut for an equipment violation. The driver, who lives on McCarthy, was driving with a suspended license. He was cited and his 1990 Toyota was towed.

\*On Mar. 7 at 8:40 a.m., an officer stopped a vehicle at Sunnydale and Rutland for a stop sign violation. The driver, who lives on the 200 block of Brookdale, was driving with a suspended license. He was cited and his 2002 Mitsubishi was towed.

\*On Mar. 8 at 6 p.m., officers were checking the Mansell and Visitation area due to complaints of robberies and drug use. They saw a suspicious and occupied vehicle. They located a suspect who lives in Daly City, who was wanted on a no bail domestic violence warrant. At 7:33 p.m., officers were on patrol at Mansell and Visitation when they saw a vehicle speed by them. They tried to pursue the vehicle but it was going too fast. They then spotted the vehicle again near Sunnydale and Hahn and determined from their "Hot Sheet" that the vehicle was stolen. The vehicle stopped and both occupants ran away from the vehicle with the engine running. Officers arrived on the scene to assist. Officers caught up to one suspect and took her into custody. The other continued to run and entered a residence on the first block of Blythdale. Officers made entry to the residence and found the second suspect, the driver, hiding under a bed. The suspect violently resisted the officers and was finally taken into custody. The officers found a large quantity of suspected crack cocaine on both suspects. One suspect, who lives on the first block of Brookdale, was arrested for possession of cocaine for sale. The other, who lives on the first block of Blythdale, was arrested for auto theft, receiving stolen property, possession of crack cocaine for sale, resisting arrest and for driving with a suspended license.

\*On Mar. 10 at 6:10 p.m., an officer stopped a vehicle at Alpha and Arleta for a license plate violation. The driver, who lives on Rosie Lee Lane, was driving with a suspended license and was uninsured. He was cited and his 1994 Pontiac was towed.

\*On Mar. 12 at 3:15 p.m., officers at Santos and Brookdale cited a 13 year old for driving a vehicle and also cited her 40 year-old companion for contributing to the delinquency of a minor. The cited persons live on the 900 block of Ellsworth and the 100 block of Maynard. Their 1998 Ford was towed.

\*On Mar. 13 at 3:36 p.m., officers spotted a wanted fugitive at Hahn and Sunnydale walking on the sidewalk. They arrested the resident of the 1700 block of Holloway for a no bail parole warrant.

\*On Mar. 14 at 1:14 p.m., officers spotted a known individual driving a "dirt bike" at Rey and Garrison. The driver had no helmet and the bike was not "street legal." The driver attempted to elude the officers but they were able to detain the suspect. The officers then determined that the bike was stolen. They also found another stolen bike in a nearby backyard where the suspect occasionally resides. That bike

was stolen in Antioch during a home invasion robbery. The suspect, who gave an address in Oakland, was arrested on felony theft, receiving stolen property and vehicular violations. At 6:52 p.m., an officer stopped a vehicle at Sunnydale and Rutland for a stop sign violation. The driver, who lives in San Leandro, was driving with a suspended license. She was cited and her 1997 Ford was towed.

\*On Mar. 15 at 6:04 a.m. on the 1900 block of Sunnydale, officers arrested a juvenile for a no bail grand theft warrant. At 9:09 a.m., officers responded to a large fight on the first block of Heritage where a number of people had assaulted each other over a parking space dispute. The officers cited three local residents for misdemeanor battery. At 12:30 p.m. on the 100 block of Oneida, officers responded to James Denman Middle School where a student had pushed a counselor and had been ripping items from the walls. The student, who lives on Towerside, was arrested for battery, malicious mischief and resisting arrest. At 5:28 p.m., officers stopped a driver at Santos and Velasco for speeding and violating a stop sign rule. When the officers approached the vehicle the driver was extremely nervous and agitated. They observed what appeared to be narcotics paraphernalia on the seat next to the driver. They found that the driver had his driver license suspended. They also found that he was wanted on a warrant for the same thing. After the suspect exited the car, he took off running away from the officers. They chased him for four blocks and captured him. The resident of the 100 block of Blythdale was arrested on multiple charges and his 1987 Honda was towed.

### Police Summaries

\*Feb. 16: 100 block of Hahn St., threats

\*Feb. 16: 3400 block of San Bruno Ave., harassing phone calls

\*Feb. 16: 1800 block of Silliman St., missing 42 year-old woman

\*Feb. 16: Visitation and Hahn St., theft from locked vehicle

\*Feb. 17: 4:15 p.m., Wayland St. and San Bruno Ave., robbery, oursesnatch, 70 year-old victim.

\*Feb. 17: 8:00 p.m., 600 block of Velasco Ave., shooting, gunshot wound to arm, victim uncooperative.

\*Feb. 17: 1900 block of Geneva Ave., death, 51 year-old man.

\*Feb. 17: 2100 block of Geneva Ave., domestic violence

\*Feb. 17: 200 block of Raymond Ave., vandalism.

\*Feb. 18: 97 Delta St., stolen 1987 Chevrolet

\*Feb. 18: 189 Delta St., stolen 2006 Acura

\*Feb. 18: 1800 block of Sunnydale Ave., threats.

\*Feb. 19: 2:45 p.m., Wide and San Bruno Aves., robbery, pursesnatch, suspect known.

\*Feb. 19: 6 p.m., Wide and Girard St., robbery, cell phone, suspect known.

\*Feb. 19: 75 Blythdale Ave., found 1990 Chevrolet

\*Feb. 19: 200 Cora St., found 1986 Toyota

\*Feb. 19: 100 block of Leland Ave., found 52 year-old man.

\*Feb. 19: 1800 block of Silliman St., found 42 year-old woman.

\*Feb. 19: 1900 Sunnydale Ave., found 1994 Nissan.

\*Feb. 20: 2 p.m., 1600 block of Sunnydale Ave., burglary, window, couches taken.

\*Feb. 20: First block of Brookdale Ave., vandalism to vehicle.

\*Feb. 20: 151 Elliot St., found 1994 Nissan.

\*Feb. 20: 21 Heritage Ave., stolen 1977 Oldsmobile

\*Feb. 20: 207 Raymond Ave., found 1997 Mazda

\*Feb. 20: 200 block of Schwerin St., domestic violence.

\*Feb. 20: 1800 Sunnydale Ave., found 1978 Oldsmobile

\*Feb. 20: 2000 block of Sunnydale Ave., found backpack

\*Feb. 21: First block of Brookdale Ave., stayaway order violation.

\*Feb. 21: 107 Hahn St., found 1994 Nissan.

\*Feb. 21: 1600 block of Sunnydale Ave., breaking windows, suspect known.

\*Feb. 22: First block of Blythdale Ave., stolen license plate tab.

\*Feb. 22: 62 Kellogg Ave., found 1988 Toyota

\*Feb. 22: 200 block of Raymond Ave., missing 47 year-old man.

\*Feb. 22: 1700 block of Sunnydale Ave., false vehicle registration.

\*Feb. 22: 1751 Sunnydale Ave., found 1988 Mazda

\*Feb. 22: 1774 Sunnydale Ave., theft of license plate tab.

\*Feb. 22: 1806 Sunnydale Ave., found 1992 Nissan.

\*Feb. 22: 600 block of Velasco Ave., stayaway order violation, malicious mischief.

\*Feb. 23: 7:15 a.m.-4:12 p.m., 100 block of Britton St., burglary, sliding glass door, money taken.

\*Feb. 23: 9:00 a.m., 100 block of Blythdale Ave., robbery, shooting, two men in dispute over dirt bike, victim gives suspect money but suspect shoots victim in leg

\*Feb. 23: 3:20 p.m., John McLaren Park, dog bite attack, pit bull

\*Feb. 23: 1200 block of Brussels St., vandalism, domestic violence

\*Feb. 23: 100 block of Loehr St., found 2006 Ford

\*Feb. 23: 110 Ordway St., found 1992 Toyota

VISITACION VALLEY GRAPEVINE - APRIL 2007 - 9

\*Feb. 23: 400 block of Raymond Ave., missing 15 year-old girl

\*Feb. 23: 1700 block of Sunnydale Ave., theft from locked vehicle

\*Feb. 24: 12:45 a.m., Sunnydale and Gamson Aves., shooting, multiple shots into vehicle

\*Feb. 24: 1200 block of Brussels St., stalking, domestic violence

\*Feb. 24: 100 block of Schwerin St., breaking windows

\*Feb. 24: 1000 block of Sunnydale Ave., vandalism to vehicle.

\*Feb. 25: 300 block of Alpha St., found 1988 Ford

\*Feb. 26: 9:30 a.m., 100 block of Loehr St., burglary, key taken.

\*Feb. 26: 10:00 a.m.-3:40 p.m., 100 block of Loehr St., burglary, kitchen window, large monetary loss

\*Feb. 26: 1901 Sunnydale Ave., found 1993 Nissan.

\*Feb. 26: Velasco Ave. and Calgary St., false vehicle registration.

\*Feb. 27: 1900 block of Sunnydale Ave., restraining order violation, domestic violence.

\*Feb. 28: First block of Fratessa Ct., threats, suspect known.

\*Feb. 28: Mansell and Somerset Sts., theft, cell phone.

\*Feb. 28: 3500 block of San Bruno Ave., assault with milk crate, suspect known.

\*Mar. 1: 71 Brookdale Ave., found 1993 Nissan.

\*Mar. 1: First block of Fratessa Ct., threats, suspect known

\*Mar. 1: 200 block of Oneida Ave., detention and release.

\*Mar. 2: 9:07 p.m., 600 block of Velasco Ave., robbery, took jewelry, suspect known.

\*Mar. 2: 11:50 p.m., Geneva Ave. and Calgary St., robbery, gun, previous case, vehicle stopped, investigation continuing

\*Mar. 2: 1600 block of Sunnydale Ave., vandalism.

\*Mar. 3: First block of Blythdale Ave., found 24 year-old woman

\*Mar. 3: 30 Tucker Ave., found 1994 Suzuki.

\*Mar. 4: 49 Brookdale Ave., found 1992 Nissan.

\*Mar. 4: 49 Brookdale Ave., another found 1992 Nissan.

\*Mar. 4: 200 block of Schwerin St., malicious mischief.

\*Mar. 5: First block of Brookdale Ave., suspicious persons

\*Mar. 5: 100 block of Brookdale Ave., malicious mischief

\*Mar. 6: 3:30 p.m., McLaren Park, robbery, strongarm, 16 year-old victim, three suspects, took backpack.

\*Mar. 6: 500 block of Leland Ave., found Bullets

\*Mar. 6: San Bruno and Wide Aves., suspicious people

\*Mar. 6: 100 block of Sawyer St., malicious mischief

\*Mar. 6: 200 block of Sawyer St., malicious mischief.

\*Mar. 6: Visitation Ave. and Hahn St., lost cell phone

\*Mar. 7: Mansell and Brussels Sts., indecent exposure

\*Mar. 7: 400 block of Raymond Ave., missing 14 year-old boy

\*Mar. 7: 300 block of Sawyer St., threats.

\*Mar. 8: 11 a.m., First block of Kellogg Ave., robbery, two suspects, gun, ock cell phone and money.

\*Mar. 8: First block of Blythdale Ave., theft, television, suspect known.

\*Mar. 8: Shelley and Mansell Ave., arson of vehicle

\*Mar. 8: 543 Visitation Ave., stolen 1992 Nissan

\*Mar. 9: 100 block of Britton St., found gun and ammunition.

\*Mar. 9: 98 Raymond Ave., found 1990 Toyota.

\*Mar. 9: 100 block of Sawyer St., malicious mischief.

\*Mar. 9: 700 Velasco Ave., found 1989 Oldsmobile

\*Mar. 10: 5:16 p.m., Leland Ave. and Schwerin St., robbery, three suspects, drag victim to ground, take purse.

\*Mar. 10: First block of Brookdale Ave., found 27 year-old woman.

\*Mar. 10: 300 block of Sawyer St., theft from locked vehicle.

\*Mar. 10: 1900 block of Sunnydale Ave., domestic violence

\*Mar. 11: 100 block of Britton St., mental detention, 42 year-old woman.

\*Mar. 11: 1200 block of Girard St., mental detention, 27 year-old man.

\*Mar. 11: 200 block of Hahn St., battery.

\*Mar. 11: 1600 block of Sunnydale Ave., breaking windows

\*Mar. 11: 508 Velasco Ave., stolen 1999 Mazda

\*Mar. 12: 1:48 a.m., 100 block of Harkness Ave., shots fired into house, possible ex-boyfriend.

\*Mar. 12: 11 p.m., 100 block of Britton St., robbery, force, money, suspect known.

\*Mar. 12: 500 block of Argonaut Ave., hit and run, property damage.

\*Mar. 12: First block of Blythdale Ave., breaking windows

\*Mar. 12: 1000 block of Girard St., mental detention, 30 year-old woman.

\*Mar. 12: 200 block of Raymond Ave., domestic violence.

\*Mar. 12: 1500 block of Sunnydale Ave., trespassing, admonished.

\*Mar. 13: First block of Blythdale Ave., malicious mischief.

\*Mar. 13: 1200 block of Girard St., mental detention, 27 year-old man.

\*Mar. 13: First block of Heritage Ave., malicious mischief.

\*Mar. 14: 8 a.m.-2 p.m., 1600 block of Sunnydale Ave., burglary, door, television.

\*Mar. 14: 3:06 p.m., Brookdale and Blythdale Aves., felony assault, four suspect attack victim, she fights them off

\*Mar. 14: First block of Fratessa Ct., threats.

\*Mar. 14: 1800 block of Geneva Ave., theft from locked vehicle.

\*Mar. 14: First block of Oneida Ave., mental detention, 38 year-old man.

\*Mar. 14: 100 block of Santos St., breaking windows.

\*Mar. 14: 200 block of Schwerin St., threats.

\*Mar. 15: 100 block of Santos St., breaking windows.



## Grapevine Puzzler

## Historic California V

B C C N A V A R R O Y R E M O G T N O M  
L G M O R I R S T O N D A H C N A L O O  
O H J R K L K N O I N I M O D A O R Y N  
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|-------------|-----------------------|-------------|-------------|
| Middle Bar  | Montgomery Mormon Bar | New Almaden | Olancho Old |
| Mill City   | Bar                   | New         | Dominion    |
| Millwood    | Morriston             | Chicago     | Mine        |
| Mineral     | Mount                 | New         | Old         |
| King        | Ophr                  | Idria       | Plank       |
| Mokelumne   | Mount                 | Nord        | Road        |
| City        | Bullion               | North       | Orchard     |
| Mokelumne   | Mulberry              | Bloomfield  | Camp        |
| Hill        | Murphys               | North       | Oregon      |
| Monitor     | Navarro               | San Juan    | City        |
| Mono Mills  | by the Sea            | Nortonville | Oroville    |
| Monroeville | Nevada City           | Ogilby      | Owenyo      |

## Historic Proportions

1883

Match clues to answers.

- Opened to traffic on May 24 after 13 years of construction.
- Massive volcanic eruption beginning Aug. 26 killed more than 36,000 people.
- Up and running on Oct. 4.
- This sank moments after being launched on July 3 at a shipyard in Glasgow, Scotland, leaving 124 dead.
- The Tarapacá province was ceded to this country on Oct. 20 when they signed the Treaty of Ancón with Peru.
- The first vaudeville theater opened here on Feb. 28.
- The Pendleton Reform Act established this on Jan. 16.
- The last of this animal died on Aug. 12 at a zoo in Amsterdam.
- On Nov. 18, they joined with their

Canadian neighbors to institute five standard continental time zones.

10. Hotel fire here on Jan. 10 killed 71 people.

11. This was the first U.S. state to enact an antitrust law on Feb. 23.

12. On Jan. 19, he built the first electric lighting system using overhead wires in Roselle, New Jersey.

- Orient Express
- Chile
- Quagga
- Krakatau
- Alabama
- Milwaukee
- U.S. Civil Service
- Brooklyn Bridge
- U.S. railroads
- SS Daphne
- Thomas Edison
- Boston

Answers: 1-H, 2-D, 3-A, 4-J, 5-B, 6-L, 7-C, 8-C, 9-L, 10-F, 11-E, 12-K.

## As a Matter of Fact

\*The first railroad locomotive in the United States was built in 1823 by John Stevens of Hoboken, New Jersey.

\*It's fitting that the herb lavender's name derives from the Latin word *lavare* - meaning to wash - since it was a favorite bath additive of the Greeks and Romans.

\*Dew is said to form better on dark objects.

\*There are 23 different terrier breeds, most of which originated in England.

\*It took Johann Wolfgang von Goethe more than 60 years to complete his masterwork, *Faust*.

\*The pudu of South America is the smallest known deer, growing about a foot high and weighing about 20 pounds.

## Grapevine Five Years Ago

APRIL 2002

\*A remedial investigation of the soil and groundwater at the Schlage Lock site on Bayshore Boulevard found both volatile organic compounds and metals as the primary contaminants, according to a detailed report recently issued by the California Department of Toxic Substances Control.

## Sump, the Gump



## Poor Rix's Almanac

by Rix Quinn

Dear Poor Rix: My husband has a question. If he has a sex change, will he live longer? - Violet, New York

Violet, research shows that women outlive men. And there's evidence that if a married man undergoes gender change surgery, he and his wife can also share clothes.

Seriously, women outlive men for many complex reasons. But Poor Rix is a simple guy, and doesn't understand most of them. Therefore, I'll tell you what I know, and make up the rest.

The average girlbom today can expect to outlive the average man by 5.4 years. Poor Rix knows many women, but none consider themselves "average." So women actually outlive men by 43 years.

Second, women live healthier. They drive safer, eat better, and rarely offend neighbors by projectile burping.

When men accumulate body fat, it builds around their stomachs. This increases their heart attack risk, and limits their choice of tank tops.

If women gain weight, it often goes to their thighs. That's a safer place for fat to build, except during bikini season.

A few men feel it necessary to point out sudden weight gain to their girlfriends. This explains why some guys die young.

Would Poor Rix ever consider gender change surgery? Yes, but not for himself.

Dear Poor Rix: With all the tools modern science possesses, why can't it solve the problem of aging? - Getting Older

If Poor Rix had the answer, he would still look 19 instead of...uh...well, never mind how old Poor Rix looks.

First, aging is a natural event, like floods, homework, and cold sores. A person without wrinkles is either a person without experience, or one without moisturizer.

Children, like adults, lose their teeth. But unlike adults, they can grow new ones.

Nearly everybody wants to look older until age 30, at which time they want to look younger. Hardly anybody wants to look the same age all the time (except Dorian Gray, and he's not real).

One of Poor Rix's friends is deathly afraid to wrinkle. She's had so much facial enhancement, when she smiles she looks like my gerbil. (But I find that attractive.)

After her last surgery we met for lunch to celebrate. Suddenly, without warning, a piece of her nose dropped right into the potato salad. She screamed, covered her face with a napkin, and raced for the restroom.

I ran after her, asking, "Do you need to go to the hospital?"

"No, no," she said. "I'll be OK."

"But I sure hate to lose face in front of my friends."

Dear Poor Rix: I'm changing apartments, and need ideas about how to make an orderly move. Help! - William from Texas

Poor Rix once read a book on getting organized. Unfortunately, Poor Rix lost it.

First, throw away stuff you don't need, like old gum wrappers, telephone books before 1989, and dead bugs. Keep important things like the TV, the DVD player, and that autographed photo from the mud-wrestling championships.

Next, sort your papers. For instance, school papers go in one pile. Bills and unreturned phone messages go in a different stack. So does toilet paper, unless that's where you write phone messages.

Look under couches, chairs, beds, and cabinets for small items like earrings, necklaces, and watches. Poor Rix found cuff links at one apartment, and wore them proudly until someone told him they were actually paper clips.

Pack boxes by category. A box marked "bed" might contain sheets, bedspread, and pillows. Note: Do not try to put the entire bed in a box, because it would be too hard to lift.

Have you inspected your new apartment? Before you move in, check the carpet for signs of dirt. It's a bad sign if you have to check the dirt for signs of carpet.

Good luck, William, and remember this saying: "It's good to have friends. But it's better to have friends who can help you move."

Poor Rix: Can you figure this out? A recent study claims that those who brush their teeth regularly stay thin, and those who don't get fat. Does brushing burn a lot of calories? My son-in-law, who is a dentist, is awaiting your answer. - Violet, New York

Poor Rix knows little about the mouth, but once gave an oral report. And Poor Rix's teeth aren't all his, but they will be after three more payments.

Several hundred years ago, a person cleaned his teeth with a quill. But if he used that same quill to write a letter with invisible ink, the next time he picked his teeth he risked becoming a ghostwriter.

The invention of nylon toothbrushes in the late 1930's led to healthier teeth and gums. A few folks were instructed to brush along the gum line, but misunderstood and spit out their gum.

Two recent reports discuss brushing's benefits. The first study says people with gum disease may be more likely to develop narrow blood vessels, which could lead to health problems that might eventually result in the eternal dirt nap.

A second report says if you brush your teeth one minute, it burns three calories. The document adds that people who keep their teeth clean likely pay attention to other health issues, too.

This means that many brushers

may also be joggers. But it's hard to do both at the same time without drooling toothpaste.

Dear Poor Rix: I just got my senior ring. Do you still have yours? - High School Junior

I'll never forget the day senior rings arrived. If somebody hadn't locked me in a toilet stall, I'd have been first in line.

I asked your question about senior rings to mall shoppers. Here's what they said:

- "I don't know. Have you seen it?"
- "I wore it until I was 63."
- "I gave it to my old girlfriend, who gave it to her new boyfriend."
- "I think my wife had it bronzed."
- "The dog ate it...and after he threw it up, it didn't fit."

Did you ever wonder how the senior ring tradition started? Me neither...but I looked it up anyway.

Actually, folks have worn rings since ancient times. Many carried engraved symbols.

There were no medieval high schools, because back then people aged quickly, and at 18 qualified for primitive Social Security. However, by the 1600's people survived long enough to create schools, award letter jackets for archery, and design senior rings.

Today, rings come in all sizes and styles.

My buddy gave his ring to his steady girlfriend 20 years ago. He didn't see her again until this year, at a class reunion.

"Diane," he said, "you and I both married other people. So, if you don't mind, I'd like my senior ring back."

"OK," she replied, "but does that mean we're breaking up?"

Poor Rix - who wrote the book "Words That Stick" - welcomes your questions to [rrixquinn@charter.net](mailto:rrixquinn@charter.net).

## Grapevine Classified

IT'S NOT SMART to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.

\*Getting nervous and upset

\*Feeling sick on a regular basis

\*Feeling like punching out something or someone

\*Feeling like screaming

\*Can't sleep

\*Watching television all night

\*Simply not in a happy frame of mind

\*Problem making the right choices

If you are experiencing any of these symptoms, we need to talk with you. Visitation Valley Jobs, Education and Training center offers advocacy and mediation services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page \$60; 1/2 Page \$33.75; 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8; 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. Classified: 20 words for \$1. Extra line 50 cents. Ad and payments should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134

VVCC BOARD MEETINGS: Visitation Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 2nd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitation Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

GRAPEVINE 20TH ANNIVERSARY special issue with neighborhood history still available, mailed anywhere in U.S. for \$1. Send to: Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator. (415) 585-2059.

## Crossword Puzzle

Solution on Page 11

ACROSS

1 Surety (Lat.)

4 Cubic feet per second (abbr.)

7 Father of Jehoshaphat

10 Stamp-sheet segment

11 Sully

12 Culmination

14 Wort

16 Melville's captain

17 Droop

18 Inuit boat

20 Legal gambling (abbr.)

21 Shoshonean

22 Leftside (pref.)

24 Extant

28 Taint

31 Tolstoy heroine

32 Sixth sense

34 Fresh-water duck

35 Act

37 Fr. historical provinces

39 Secretary (abbr.)

41 Evil

42 It. exclamation

44 Perturb

46 Object of wrath

49 Hindut garment

51 Abnegate

53 Razor-billed auk

54 Corrode

55 Down (pref.)

56 Mulberry of India

57 Single room

59 Eng. (abbr.)

58 Altar constellation



DOWN

1 Old Texas linear measure

2 Anagram (abbr.)

3 Dry wine

4 Anglican bishop's garment

5 Central points

6 Plagiarize

7 Am. Auto Assn. (abbr.)

8 Sailboat

9 Love (Lat.)

10 Add. postscript (abbr.)

13 Recede

15 Ballet skirt

19 Ketone (pref.)

21 Way

23 Important

24 But (Sp.)

25 Within (pref.)

26 Dropsy

27 Extrasensory perception (abbr.)

29 Roam

30 Eng. cathedral city

33 Allspice

36 Five-franc piece

38 Rom. author

40 WWI battle

42 Television channel

43 FDR's dog

45 With

46 Growl

47 Eight (pref.)

48 Drug Enforcement Admin. (abbr.)

50 Adjective-forming (suff.)

52 Fiddler crab genus



## Visitacion Valley Business Directory

Valley free listings in the 415 area code.  
Call the Grapevine at (415) 467-9300.

**AQUARIUM**  
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598

**AUTOMOTIVE**  
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130  
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239  
BROTHERS AUTO BODY, 2520 Bayshore Blvd.  
CHARLIE'S GARAGE, 2560 Bayshore Blvd., 239-7450  
T.W. AUTOMOTIVE, 2500 Bayshore Blvd., 586-8281

**BANK**  
BANK OF AMERICA, 6 Leland Ave., 622-4501

**BAKERS**  
LITTLE QUAPRO BAKE SHOP, 169 Leland Ave., 239-2253

**BARBERS**  
BARBERSHOP, 3570 San Bruno Ave., 724-4398  
DeMASI'S BARBER SHOP, 35 Leland Ave.  
THE SHOP (J.B.), 160A Leland Ave., 239-6709

**BEAUTICIANS**  
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261  
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223  
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005  
LUCKY HAIR, 2436 Bayshore Blvd., 586-8288  
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381  
MIZ RENAS SALON, 19 Blanken Ave., 467-3399  
NAILS BY JENNY, 50 Leland Ave., 333-6800  
WHO'S BADD, 224 Leland Ave., 657-3155

**BLIND CLEANING**  
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

**BOARDING HOUSE**  
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

**BOOKKEEPERS**  
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927  
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

**CARPETS**  
HANSAN INTERIORS, 41 Leland Ave., 333-6382

**CASKETS**  
CASKETORIUM, INC., 93 Leland Ave., 585-3451

**CHURCHES**  
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5960  
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.  
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213  
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457  
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381  
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055  
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

**COFFEE**  
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442  
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309  
JOE LELAND CAFE, 28 Leland Ave.

**CREDIT UNION**  
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738

**DAY CARE**  
CAROUSEL DAY CARE, 261 Hahn St., 469-5353

**DENTIST**  
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

**DEVELOPERS**  
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895

**ELECTRICIAN**  
TATE ELECTRIC (Joel Tate), 467-4657

**FLORISTS**  
JOANN'S FLOWERS, 21 Leland Ave.  
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

**GARDEN ORNAMENTS**  
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

**GROCERS**  
CASALOPEZ PRODUCE, 58 Leland Ave., 586-4745  
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240  
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300  
K.C. MARKET, 400 Wide St., 467-3024  
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520  
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815  
M & M SHOPSTOP, 2145 Geneva Ave., 585-0878  
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800  
7-11, 2200 Bayshore Blvd., 468-8646  
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851  
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506  
SUPER FAIR MARKET, 201 Leland Ave., 239-6856  
TEDDY'S MARKET, 298 Teddy Ave.

**HERBS**  
SAN ON HERBS, 33-A Leland Ave. 333-7469

**HYPNOTHERAPY**  
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

**INSURANCE**  
EDIEPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276  
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

**KITCHEN CABINETS**  
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730

**LAUNDRY/CLEANERS**  
BAY WASH, 44 Leland Ave.  
CITY WASH, 83 Leland Ave., 333-9467  
COIN WASH & DRY LAUNDRY, 186 Leland Ave.  
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418  
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412  
VALLEY LAUNDRY, 90 Leland Ave.  
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

**LEARNING**  
34-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555  
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907  
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

**LIBRARY**  
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

**MANUFACTURER**  
SEE'S CANDIES, INC., 345 Schwenn St.

**MEDICAL**  
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620  
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments 715-0310  
DR. SAM HO, MD, 2858 San Bruno Ave., 337-6135  
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100  
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)

**PORTOLA FOOT & ANKLE CLINIC** (Dr. Divyang Patel), 2858 San Bruno Ave. 467-7500

**NOTARY**  
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

**ORGANIZATIONS**  
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689  
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700  
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044  
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233  
LELAND HOUSE, 141 Leland Ave., 405-2000  
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001  
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

**PHARMACY**  
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

**PHOTOGRAPHER**  
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

**PLUMBING**  
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

**POST OFFICE**  
VISITACION USPO, 68 Leland Ave., (800) 275-8777

**REAL ESTATE**  
JUSTYNAP TO, (Realtor, Coldwell Banker), (650) 757-8868, Mobile (415) 830-1235, Fax (650) 246-1910  
LAFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683  
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex. 163

**RESTAURANTS**  
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023  
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283  
HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721  
LUAN FAT BAKERY, 110 Leland Ave., 585-1167  
BLUE HAWAIIAN BBQ, 107 Leland Ave.  
PHO Y & G RESTAURANT, 73 Leland Ave., 469-5686  
TWO JACKS, 167 Leland Ave., 337-0433

**SCULPTOR**  
CARTORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138

**SELF-DEVELOPMENT**  
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancement Specialist) 467-7608

**SERVICE PROVIDERS**  
THE VILLAGE, 1099 Sunnydale Ave., 239-5045  
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.  
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBEST), 120 Leland Ave.  
VISITACION VALLEY COMMUNITY CENTER (VVO), 50 Raymond Ave., 467-6400  
VVOCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027  
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VJET), 1099 Sunnydale Ave., 239-2866

**TAVERN**  
THE CLUB HOUSE, 25 Blanken Ave.

**TELEPHONE**  
D & A WIRELESS, 78 Leland Ave., 452-4139

**VARIETY**  
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

## Incentive to Boost Recycling Statewide

The New Year brought a greater cash incentive for Californians to recommit to recycling and preserving the environment. Jan. 1 marked the first day of an increase in the cash refund consumers receive when they take their empty California Refund Value bottles and cans to recycling centers.

For the first six months of the year, the recycling refund will be larger than the amount of CRV consumers pay at the checkout stand for most beverages in aluminum, glass and plastic containers.

Legislation signed into law by Governor Arnold Schwarzenegger raised the refund consumers receive from California recycling centers to a nickel for containers less than 24 ounces and a dime for containers 24 ounces and larger. For the next six months, the amount of CRV consumers pay at the store will remain four cents on smaller containers and eight cents on larger ones.

"This is a tremendous incentive for Californians to recommit to recycling their beverage containers," said Bridgett Luther, director of the state Department of Conservation, which oversees the bottle and can recycling program. "By approving this legislation, the governor once again affirms his commitment to the environment, because recycling saves natural resources, saves energy, and reduces the amount of waste going to landfills."

Since AB 2020 established the state's recycling program in 1986, more than 160 billion aluminum, glass, and plastic beverage containers have been recycled in the state.

In 2005 alone, Californians recycled an all-time record 12.4 billion beverage containers, 61 percent of the 20.5 billion that were purchased in the state.

"If we add together all of the containers that have been recycled

since the program began, there are enough to fill up all lanes of Interstate 5 with a wall of bottles and cans 14 feet high, the entire length of the state," Luther said.

Nevertheless, billions of bottles and cans also end up in landfills each year.

"When people fail to recycle, it's not just a waste of money," Luther said. "It also means lost energy savings, because recycling saves energy and those valuable raw materials for manufacturing are tossed away forever."

Most beverages packaged in glass, aluminum and plastic — such as soft drinks, water, beer, sports drinks, juices and coffee and tea drinks — are included in the CRV program. Notable exceptions are milk, wine and distilled spirits.

Californians have several convenient options for recycling and redeeming CRV bottles and cans, primarily the approximately 2,100 certified recycling centers statewide. Consumers who choose to forego reclaiming their CRV have a variety of recycling options, including neighborhood curbside recycling programs and various drop-off locations through which bottles and cans are redeemed by the entities that collect them. To find the nearest certified recycling center, curbside or drop-off program, visit [www.bottlesandcans.com](http://www.bottlesandcans.com) or call the Department of Conservation toll-free hotline, 1-800-RECYCLE.

### Crossword Puzzle Solution

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| V | A | S |   | C | F | S |   | A | S | A |   |   |
| P | A | N | E |   | H | O | T |   | A | C | M | E |
| P | R | A | C | T | I | C | E |   | A | H | A | B |
| S | A | G |   | U | M | I | A | K |   | O | T | B |
|   |   |   |   | U | T | E |   | L | E | V | O |   |
| M | E | A | S | U | R | E |   | T | I | N | G | E |
| A | N | N | A |   | E | S | P |   | T | E | A | L |
| S | T | A | G | E |   | P | I | C | A | R | D | Y |
|   |   |   |   | S | E | C | Y |   | M | A | L |   |
| U | F | A |   | U | P | S | E | T |   | G | O | D |
| S | A | R | I |   | R | E | N | O | U | N | C | E |
| A | L | C | A |   | E | A | T |   | C | A | T | A |
|   |   |   |   | A | A | L |   | S | I | R | O |   |
|   |   |   |   |   |   |   |   |   |   | A | R | A |

## Visitacion Valley Family and Community Services Center



*For a Better, Healthier, Safer Community for All*

### We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

First Series of  
Interacting with Your  
Child Through Games  
and Activities  
Topic: Numbers  
Thursday, April 12  
5:30 - 7 p.m.

Free dinner, books and educational games.  
Participants with children ages 0-5 encouraged.

First Series of  
Parents' Support Group  
Thursday, April 19  
5:30 - 7:30 p.m.  
Part II:  
Parenting and Discipline

Free dinner and childcare!  
Participants with children ages 0-5 encouraged.  
Facilitated by Julia Carmen, *Before The After*

### Every Wednesday

April 4, 11, 18, and 25  
6 - 8 p.m.

Men's Classes  
Facilitated by  
Before The After  
FREE Refreshments



### Child Passenger Safety Educational Workshop

Thursday, April 19  
5:45 - 7:45 p.m.  
at 245 Rey St.

Learn about the California laws and how to properly install a car/booster seat in your vehicle. Call 586-6998 or 586-6046 for more information.

### April 2007 Activities

held at 161 Leland Avenue  
except where noted

### Enhanced Information and Referral

Every Monday Through Friday  
April 1 to 30, 9 a.m. - 5 p.m.

### Stress Reduction Workshop

Thursday, April 5, 5:30 - 7 p.m.  
Speaker: Dr. Roger Mills

### Parents Committee Meeting

Friday, April 6, 5:30 - 7 p.m.

### Free Food Distribution

Every Monday, 3 - 4 p.m.  
April 2, 9, 16, 23 and 30  
Emergency food box available anytime.  
Call (415) 586-6998, Monday-Friday, 9 a.m.-5p.m.

### Male Involvement Support Group

Thursday, April 19, 5:30 - 6:30 p.m.  
Participants with children ages 0-5 encouraged.  
Please call and confirm attendance.



161 Leland Avenue, San Francisco, CA 94134

Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: [meriam\\_vvcc@sbcglobal.net](mailto:meriam_vvcc@sbcglobal.net)





**Cathy began looking at Visitation Valley real estate in 1949,  
and she's been out in front of the competition ever since.**

Cathy has been the most successful REALTOR® in Visitation Valley for more than 20 years.

She was born and raised in the Valley, and has successfully represented buyers and sellers for years. She's actively involved in neighborhood charities and community events.

For all your real estate needs, call Cathy!

**Cathy Kline Saunders**  
Broker Associate, REALTOR®  
415.731.5000 ext 163



**Z**  
**ZEPHYR**  
REAL ESTATE